

Mountaineer

Vol. 59, No. 31

Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community

August 3, 2001



Energy Conservation

Fact of the week:
Energy Star was introduced by the U.S. Environmental Protection Agency in 1992 as a voluntary labeling program designed to identify and promote energy efficient products.

Tip of the week:
When purchasing equipment by contract or on the IMPAC card, insist on purchasing products with the energy star label.

Feature



K-9 cops assist military police officers in crime fighting on post.

See page 16 and 17.

Happenings



A creek, waterfall, rocks and green trees invite you to relax in North Cheyenne Canon park, just minutes away.

See Page B-1.

**Post Weather hotline:
526-0096**

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Get in line ...

Heightened security, due to a Forces Command program geared to increase protection of Fort Carson personnel, had cars backed up to Academy Boulevard Monday during a practice run for unit police. Since Wednesday some gates have closed or reduced hours. Gates like the B-Street gate, main gate and gate 20 will be stopping cars to issue temporary passes. Any driver not wishing to follow these policies will be denied access to the installation.



Photo by Spc. Roy Gomez

Post community to give drugs 'going away party'

by Staff Sgt. Tami Lambert
Mountaineer staff

Where can you go to get food and entertainment for free?

The Fort Carson Mayoral Program is hosting National Night Out "Give Neighborhood Crime and Drugs a Going Away Party," Tuesday from 5 to 8 p.m. at Ironhorse Park. There will be games for children, sports competitions for adults and food and drinks for everyone.

National Night Out is designed to heighten crime- and drug-prevention awareness, generate support for and participation in local anti-crime programs, strengthen neighborhood spirit, improve police and community partnership and send a message to criminals, letting them know our neighborhoods are organized and fighting back, said Bill Ray, mayoral program coordinator.

"This year we want to not only draw more families, but also the single soldiers," said Ray. "It's not just about families. We want everyone to celebrate and give crime a going away party."

One of the highlights of this year's event will be the in-line hockey rink, which will make its debut at National Night Out. The night will also showcase a variety of events for adults and children. Some of the events planned are:

- community picnic
- children's games
- musical entertainment
- three-on-three basketball competition
- four-on-four volleyball competition

- home run derby
 - pony and hay rides
 - car audio sound system competition
- Some of the educational programs scheduled are:
- self defense demonstration
 - children fingerprinting
 - McGruff the crime dog
 - seat belt demonstration
 - dog safety demonstration
 - drug and alcohol prevention display
 - child and youth services

See Prevention, Page 4

Don't miss out -



Fort Carson night at the rodeo is Aug. 10.

Courtesy photo by Tom Kimmell

The Pikes Peak or Bust Rodeo is almost here! Don't miss the kick-off Wednesday at 10 a.m. with Pikes Peak or Bust Rodeo parade featuring a Wild West theme. Saturday there's a Kiddie Dress-up Revue which will have little cowboys and cowgirls decked out in western finery to compete for prizes. Most importantly, don't miss Fort Carson night Aug. 10. Get your tickets from your major subordinate command sergeant major or call Information, Tickets and Registration at 526-5366. Military discounted tickets are \$7.50.

NCO/Soldier of year announced

by Spc. Jon Christoffersen
Mountaineer staff

After months of studying and testing, the Fort Carson Soldier of the Year and Noncommissioned Officer of the Year were announced July 27 during a ceremony at Elkhorn Conference Center.

Private 1st Class Tyler Simpkins, 3rd Brigade Combat Team, was named soldier of the year and said that all the hard work getting to that level was well worth it, but he knows there is more work ahead.

"It took a lot of studying," Simpkins said. "Every night for the past six months, I've had a study guide in my hands. It's not over though, I've got to keep on the trail for the next level."

For the winners, being awarded the soldier/NCO of the year is only a mid-way point. Starting at his company level, Simpkins won soldier of the month and quarter, and went on

See Soldiers, Page 13

Commander's Corner

School starts soon, be cautious when children present



Soriano

"As always at the Mountain Post, safety remains our number one concern: while at work or at play, on the roads and off."

For Mountain Post children, a great summer vacation is almost over. In the next couple of weeks, school districts in the area will go into session. We must all be observant of school zones and drive more safely.

As always at the Mountain Post, safety remains our number one concern: while at work or at play, on the roads and off. I would like to take a few minutes to discuss some of the issues that are of the utmost importance.

With all the changes in installation access control, there may be delays until everyone becomes used to having their registration checked at the gates. If you live off post and drive your children to school on post, leave a little early to make sure you get to school on time. If you are running late, don't try to make up time by speeding. It simply can't be done

and you pose a threat to other motorists, pedestrians and unit police at the gates. Always be courteous of other drivers or children who might be walking to school.

Drivers, be cautious! If a sign says 20 miles per hour, don't go any faster than 20 mph. If you are going 40, you increase your stopping distance by a factor of five. Even at 20 mph you need 73 feet to stop. Keep in mind that rain, snow and ice will increase stopping distances significantly.

The military police will enforce speed limits and parking restrictions around all our on-post schools. Remember that fines are doubled for speeding in school zones.

Pay attention to all signs in school areas.

Only park in designated parking spaces. The "Stop and Drop" zones by schools are designed for stopping and dropping, if you park in those areas to escort children into the school you block the view of other drivers and put children at risk. Parking in these zones is illegal and violators will be issued tickets.

Whenever you see children present, slow down. As much as we try to teach them, younger children sometimes forget the rules, get excited and may run out in traffic. A serious injury to a child not only affects them and their family, but can have a serious emotional impact on the driver as well. Drive defensively around children.

Pay close attention to school crossing guards, both on post and off. Too often we are in a hurry to turn a corner and fail to see the guards. This is also true about crosswalk lights. If a pedestrian has the

"cross now" signal, don't cut them off. If there is a person in the crosswalk and the light has just changed, don't view this as your signal to cut in front of them. They do have the right of way if they started off with a "cross now" signal.

Another danger zone for children is getting on and off the school bus. If you are driving and see a school bus with flashing lights on, stop. It's against the law to pass — from either direction. It is important to continue to watch for children after the bus driver has turned off the flashers because they may still be crossing the street. There have been too many tragic accidents in the Springs area caused by drivers who ignore school bus flashers.

Finally, parents need to talk with their children. Stress the importance of being safe around streets and in parking lots. "Look both ways before you cross the street" is not an outdated slogan — it still works. Have older children or an adult walk younger ones to school. Make sure everyone knows the safety rules for riding bicycles on the street, including wearing safety helmets. If your children ride the bus to school make sure they understand the rules. Most of all, set a good example for them to follow by observing safety rules.

Our children are our future and we all care deeply about them. For their sake, let's all work together to make this a safe back-to-school season and an accident-free year on the Mountain Post.

Mission first ... people always ... one team.

Bayonet!

Maj. Gen. Edward Soriano

Commanding General

7th Infantry Division and Fort Carson

Volunteer in the Spotlight

Physical handicaps doesn't stop Carson volunteer from lending helping hand

by **Steve Johansen**
Director of Marketing
Directorate of Community Activities

A young person right out of high school or college — nervous — it's a big and sometimes confusing world.

The time has come to accept responsibility and your place in the job market. Seeking, landing and holding onto a job are all a part of growing up and becoming a productive member of society.

Now add the challenges of being handicapped. For some, the effort is nearly impossible if it were not for such programs as the Installation Volunteer Program at Fort Carson.

Charlotte Laufer, administrative management for the Directorate of Community Activities, supervises Patricia Aaron, who is legally blind. "I made the decision to take Patricia before we met, since I knew it would be a good opportunity for her to develop a variety of job skills. Patricia's personality, attitude and zest add to the energy of the organization."

"Aaron's up beat attitude and humor add a sparkle to everyone's day," Laufer said. "Everyone in the DCA appreciates her work and spirit, as she is always willing to put out extra effort to accomplish any task at hand."

Her primary duties include answer-

ing the phone, greeting people and providing information. She also assists the Marketing and Advertising Office of DCA, with mailing for sponsorship and the copying of documents.

Aaron has also assisted the Recreation Programs and Events Office. She had the opportunity to be a part of Kit Carson Community Festival and Family Day, DCA's biggest annual event.

When Aaron was asked what she hoped to gain from volunteering, she said, "My goal of being a Fort Carson volunteer is to improve my administrative skills and abilities, in the hope of obtaining a part-time or full-time job. I

am a small woman of 4'9," with some major physical disabilities. My only challenges in life are being given the opportunity to excel; which is not a problem volunteering with DCA, where I am allowed to make a significant contribution and have become a real asset. I am willing to help wherever I am needed throughout the directorate. I love being able to get to know people and to help in any way I can."

As a volunteer, payment comes "in kind" — comments and praises. "In that way, I am very wealthy. I would have to say though my greatest reward is that I really enjoy working with the people of DCA," Aaron said.

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-1, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 6151 Specker Ave., Fort Carson, CO 80913-5119 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

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News

Off to a smooth start...

The Mountain Post implemented installation access control Wednesday with minimal disruption to normal operations. Vehicle registration continues today from 9 a.m. to 4 p.m. at the post physical fitness facility and Saturday from 10 a.m. to 2 p.m. at the Post Exchange. BELOW, cars line up at the B-street gate before physical training Monday. RIGHT, Spc. Stephenie McCasland, 423rd Transportation Company, puts registration stickers on her car Monday. To avoid delays, soldiers, civilians, contract employees and family members should register their vehicles. While registering vehicles, drivers should have a valid identification card, valid state operator's permit, valid proof of insurance, Colorado state emissions and vehicle registration. For more information, call the hotline at 526-4143.



Photo by Spc. Roy Gomez



Photo by Spc. Roy Gomez

RAMPART RANGE SERTOMA

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For more information, Call (719)622-1570 or E-mail: rrsertomashows@aol.com
Proceeds benefit the Rampart Range Sertoma, its charities and other participating organizations.

New policy changes phone system

by Staff Sgt. Tami Lambert
Mountaineer staff

A new policy to help streamline phone and data requests on Fort Carson was initiated Wednesday by the Directorate of Information Management.

Prior to the change, any soldier or civilian on post could submit a (DA 3938) LSR request for phone or data service.

Now, the only people authorized to submit a Local Service Request are the Telephone Control Officers in each organization or unit.

In addition, the DOIM is also now offering a "one-stop shop" which enables anybody with a telephone-related problem to call the help desk directly.

"The DOIM wanted a better system," said Frank Padilla, con-

tracting officer representative. "This new system will allow all Fort Carson customers the opportunity to call the help desk directly for trouble calls. Before, the customers had to either physically bring the request into our office or fax it to us. Now they can just pick up the phone and call."

Help desk issues can be anything from requesting additional telephones, data drops, circuitry or fiber.

For help desk problems, call 526-2270.

To submit a LSR, TCOs can go to the DOIM Web site and log on at carson.ws2.arweb.enu.arweb.jsp or call 526-2270. For additional inquiries, contact Padilla at 526-2616.

Prevention

From Page 1

informational display.

"This is not an event that is specifically

designed for family members that live on Fort Carson, but for every single soldier on post, families who live off post and civilians who work on the installation," said Ray. "This is also their community so we want everyone to be a part of it."

This is a party for every person who works on Fort Carson, yet it is also a community awareness to stop and prevent crime, said Judy Woolley, Army Community Services director.

The overall purpose of the night is to inform the community about the post's version of Neighborhood Watch, said Ray.

"I would like to see a post-wide neigh-

borhood watch program started," Ray said. "Even though we are a restricted access post, we know we will still be plagued with problems, just like any other community."

The goal of the villages is to implement

a post-wide neighborhood watch program, which can create "safe havens" for children in case of an emergency. "Certain volunteer residences will be marked in the community, so if children get scared, they will be able to go to one of these locations and know they are safe."

Instead of spending the night at home or in the barracks, Ray urges everyone in the community to participate in

National Night Out. "The event is only as successful as the people who attend it," said Ray.

For more information, contact Ray at 526-1082.



Courtesy photo

National Night Out offers many activities for the Fort Carson community.

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Community

BOSS soldiers volunteer at Ronald McDonald House

by Staff Sgt. Tami Lambert
Mountaineer staff

Soldiers associated with Fort Carson's Better Opportunity for Single Soldiers spent July 27 volunteering at the Ronald McDonald House near downtown Colorado Springs.

A handful of soldiers from United States Army Medical Activity, 68th Corps Support Battalion, 43rd Area Support Group; and Howitzer Battery, 2nd Squadron, 3rd Armored Cavalry Regiment; spent the day gardening, raking grass and trimming bushes at the Ronald McDonald House. The Colorado Springs Ronald McDonald House has been serving the community since Feb. 14, 1987. The mission of the house is to provide temporary housing for families who live a minimum of 50 miles from Colorado Springs and have brought their children to Colorado Springs for medical treatment.

"We can accommodate up to nine families at a time in our house," said Lyn Hale, Colorado Springs Ronald McDonald House manager. "Our main focus is to provide temporary housing for families with premature babies. We try to make our house a 'home-away-from-home' for our visiting families. We have cooking facilities, a laundry area and the families clean up after themselves."

Giving back to the community is one of the unique aspects of BOSS. It gives the soldiers an opportunity to give back to those in need.

"We try to participate in various community projects throughout the year," said Sgt. Anne Flanigan, MEDDAC. "We try to create projects where soldiers can give back to the community."



Photo by Staff Sgt. Tami Lambert

Private Robert Green and Sgt. Anne Flanigan trim the bushes at Colorado Springs Ronald McDonald House July 27. Fort Carson soldiers involved with the Better Opportunities for Single Soldiers volunteered their time to take part in the community project.



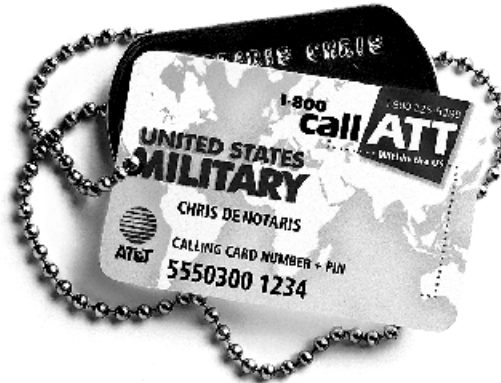
Photo by Staff Sgt. Tami Lambert

(Left to right) Spc. Cassandra Gilliard, Pvt. Kelly Winegar, Spc. Mequon Ross and Pvt. Robert Green spent the day gardening as part of a community project.

Giving back to the community is what Spc. Mequon Ross, 68th CSB, thinks is part of her job as a soldier. "It's good to give back to the community, especially since we're in the Army. It's our job to take care of others," she said.

The first Ronald McDonald House opened in Philadelphia in 1974. Twenty-six years later, there are now more than 200 Ronald McDonald Houses in approximately 20 countries. Each house relies on people and businesses in its community to provide additional funds, goods and services necessary for operations.

"Without the help of volunteers (such as these soldiers) it would be tough for Ronald McDonald Houses to provide as much hospitality to families in need," Hale said.



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BOUNDLESS

Chapel

Catholic Religious Education 2001-02 — Families with pre-school children through 12th grade are eligible to register for the 2001-02 programs during the summer months. Forms are available in the library area of Soldiers' Memorial Chapel or room 153, Office of the Catholic Director of Religious Education. Early registration ensures a place in the specific grade level. For more information call Jim Siegel, 526-5744.

Volunteers needed — The Catholic Religious Education program is in need of volunteers to assist in office work, computer work, newsletters, teachers, assistants, special events, music, art and refreshments. If you have some time and are willing to share gifts and talents with the Catholic faith community at Fort Carson, call Jim Siegel, 526-5744.

Are you interested in joining the Catholic Church? — Inquiry classes will begin in the fall. Anyone who is interested in becoming a member of the Catholic faith community is invited to contact Jim Siegel, 526-5744.

RCIA Team seeks volunteers — The RCIA Team is seeking volunteers for important roles in supporting spiritual growth and faith formation of adults and children seeking to become Catholics. We are looking for parish sponsors, hospitality, social events, communications, liturgy planners, retreat leaders and catechists. If you would like to share your gifts and time for 2001-02 please call Jim Siegel, 526-5744.

Back to school carnival — The carnival is sponsored by the Prussman Chapel Gospel Service, Aug. 18, 11 a.m. to 3 p.m. Free games, food and fun. Donations of school supplies for the Sunday School will be accepted. For information contact Gloria Harlen at Prussman Chapel, 526-2833.

Prussman pre-revival concert — featuring the chapel choir, as well as guest choirs from around the Colorado Springs area, will be Aug. 19, 4 p.m. at the Prussman Chapel, building 1850 at the corner of Prussman and Barkley streets. For more information contact Zina Parker at 382-1169.

Gospel Service Annual Revival — Prussman Chapel Gospel Service welcomes you to attend the annual summer revival Aug. 20 through 25, at 7 p.m. Prussman Chapel is located at the corner of Prussman and Barkley streets. For more information contact Chap (Capt.) William Lovell, 1st Battalion, 68th Armor, at 524-1483.

Youth of the Chapel — Activities for Protestant Catholic middle and high school youths take place each Sunday at 1:30 p.m. at Soldiers' Memorial Chapel. Protestant high school activities include Bible Studies on Sunday, 9:30 a.m. and Tuesday 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. on Sunday at Soldiers' Memorial Chapel.

Chapel Schedule

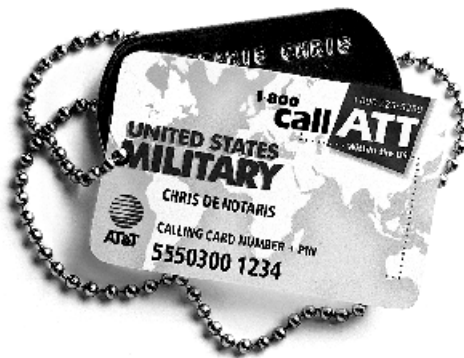
			ROMAN CATHOLIC		
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Magrath & Titus	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Jim Siegel/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
			EASTERN ORTHODOX		
Sunday	8 a.m.	Divine Liturgy	Soldiers'	Nelson & Martinez	Chap. Olson/526-5772
			PROTESTANT		
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans'	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Schreck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Schreck/524-1166
			LITURGICAL PROTESTANT		
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
			JEWISH		
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
			WICCA		
2nd and 4th Tuesday	6:30 p.m.	Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703	
For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.					

For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 58 & 2 Chronicles 7-9
Saturday — Psalms 59 & 2 Chronicles 10-12
Sunday — Psalms 60 - 2 Chronicles 13-15
Monday — Psalms 61 & 2 Chronicles 16-18
Tuesday — Psalms 62 & 2 Chronicles 19-21
Wednesday — Psalms 63 & 2 Chronicles 22-24
Thursday — Psalms 64 & 2 Chronicles 25-27

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following: **Unit:** For the soldiers, families and leaders of the Army's I Corps, headquartered at Fort Lewis, Wash. **Army:** For all Army families who are conducting Permanent Change of Station moves this summer. May God undergird them all and bring them safely to new homes and places of service. **State:** For all soldiers and families from the state of New Jersey. Pray also for acting Gov. Donald T. DiFrancesco, the state legislators and municipal officials of the Garden State. **Nation:** Give thanks for the many men and women who have served our nation in the Merchant Marine. May God bless those whose service on wind and wave brings our nation the blessings of prosperity. **Religious:** For the soldiers, families and personnel of the Lutheran Church, Missouri Synod. Pray also for the chaplains endorsed to military service by this community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

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| B O U N D L E S S

Chaplain's Corner

Good, bad life decisions help for wiser living

**Commentary by
Chap. (Capt.) Matthew Olson
2nd Squadron,
3rd Armored Cavalry Regiment**
"...he who is careless of his ways
will die."

Proverbs 19:16

This small passage from the book of Proverbs speaks volumes on how we should live our lives. In other words, how many of us take the time to reflect on the choices we make each and every day. Do we reflect upon the effect that these choices have had upon the quality of our life? Is our life better off because of the choices we have made, or have we been careless in our ways and have, therefore, reaped the consequences of our actions.

Few of us, if we are really honest with ourselves, can state unequivocally

that we undertake such a reflection on a regular basis.

This is indeed unfortunate because society is filled with individuals who have been careless in their choices and, after the fact, have to deal with the resulting painful consequences of their actions. After all is said and done, they wonder how they got into the mess that they find themselves in. In fact, as a chaplain, I spend many hours counseling soldiers regarding the problems they are having which are invariably the consequences of poor choices.

However, there is hope in all this darkness. At this very moment we have the ability to move from careless ways to careful ways.

We can move from bad choices to good choices, and the best place to

gain this insight is by becoming a part of a faith community. Ultimately, as people of faith, we have the antidote to this problem of choosing the careless path. Within our belief systems and the teachings of our institutions, we have the measuring rods that allow us to distinguish a good choice from a bad choice.

This should be of great comfort to us because this means that at any moment, we can take the wisdom that has been taught to us and begin the process of walking the careful path. Even if we are in the middle of suffering from bad choices, we can take steps to move in the right direction. As a person of faith, I believe it is never too late to cease walking the careless path. Remember the parable of the prodigal son? He made a choice to

return home and turn from his path of destructive behavior.

This path is open to all of us at any time. The only proviso is that we have to make the choice to move in the right direction.

If you are someone who has made choices which resulted in painful consequences, I encourage you to talk with people you trust. Confide in and seek their advice and counsel. Your chaplain, or faith group leader, is a good place to start when seeking to move in a new direction. By talking with someone, you may be surprised how easy it is to begin making choices that lead to positive results and not negative circumstances. However, it is ultimately our choice which path we desire to walk.

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Caring is key to combat readiness, morale

**Commentary by
Sgt. 1st Class Timothy R. Farmer
Installation Equal Opportunity
Office**

The word of the month for August is caring.

When I think about this word I look at the Army as a whole and what is being done to improve the lives of active duty soldiers, retired soldiers, veterans, civilians and families.

The program that comes to mind is the well-being program that the Army introduced in fiscal year 2000.

Well-being is the personal, physical, material, mental and spiritual state of soldiers, civilians and their families that contribute to their preparedness to perform the Army's mission. Caring of our people directly affects the institutional strength of the Army with the use of the well-being program. The

program is inextricably linked to four key areas.

The first key area is combat readiness. Well-being enhances readiness by producing self-reliant soldiers who are able to focus on their mission. Soldiers whose families are fully equipped to handle deployments are more mission-focused and combat-ready. It is very critical for families to feel connected to the Army. The Army is focusing on our soldiers' knowing their families are safe, housed and have access to medical care, community services and educational opportunities.

The second key area is performance. The Army well-being enhances performance by strengthening command climate and the bond between leaders and soldiers. Commanders, leaders and supervisors who show they care are committed to the professional

Army ethic of promoting a positive environment. If leaders show loyalty to their soldiers, the Army and their nation, they eventually will earn the loyalty of their soldiers and employees. All it takes is a little consideration for their needs and to care for their well-being.

The next two key areas are retention and recruiting. Caring and creating a positive environment for soldiers will assist in the decision of our men and women to join or stay in the Army. Some aspects the well-being program will organize are command programs, pay and allowance, health care, housing and workplace environment, education, family programs and morale, welfare and recreation.

As you look around post, you may already see some of these transformations taking place. Take time to look at

the new housing areas being built. As the Army changes, the needs of our soldiers, civilians and families also change. The well-being program represents the caring and commitment to prepare to meet future needs, as well as today's needs.

Leadership is the most dynamic element of our profession. It demands ever-increasing levels of judgment, agility and innovation. Leaders, supervisors, soldiers and family members are all charged with improving the well-being of the Army.

Every leader in the Army starts each day with one of two choices. One is to maintain the status quo of the day and the other is to take a step toward improving the unit, workplace and the Army.

For more information about the program go to www.odcsper.army.mil.

BRAVO! theatrical company looking for soldiers to audition for season tours

The second tour of BRAVO! is looking for talented soldiers to be a part of their touring season. BRAVO! is an all soldier touring theatrical company that will tour installations worldwide bringing the finest in the theatrical arts to soldiers, their families and their military community.

Active duty soldiers interested in auditioning for BRAVO! should go through local installation and/or major command level competition. However, the generation of nominations through the competitive process, at any level, should not be construed as restricting individual soldiers from submitting audi-

tion packets through other avenues.

Nominations should reach the following address by Aug. 31. The address is Army Entertainment Division, Attention: BRAVO! Auditions, P.O. Box 439, Fort Belvoir, VA 22060.

Nominations must include the following: • Name, rank, social security number, unit address, duty phone and ETS date. • Written "Intent to Release" from unit commander for up to 180 days attachment to USA CFSC, Alexandria, VA (UIC W4RHAA). • Video cassette (1/2 inch VHS) of performer showing acting, singing and dancing skills. A monologue is recom-

mended from a Shakespearean Play and highlights from a previous production if available. • Full length official photo • A resume of acting, singing, dancing or technical theatre background, with references. • Copies of personnel qualifications, Department of the Army Forms 2A and 2-1. • Nominees must have a minimum of 90 days time in service remaining after March 31, 2002. • Nominees must be fully deployable, worldwide, with no deployment restrictions for reasons of health, family or legal issues

For additional information or questions contact Ann Edinger at 526-4495.

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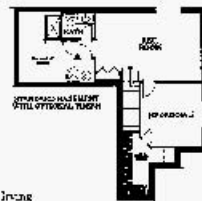
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Fort Carson receives Environmental Achievement award

by Susan Galentine-Ketchum
Directorate of Environmental
Compliance and Management

The Environmental Protection Agency, Region VIII, presented Fort Carson with an environmental achievement award July 24 during the post's annual Installation Action Plan meeting held July 23 to 26 in Breckenridge.

The EPA nomination was in recognition of Fort Carson's proactive stance in tackling environmental concerns and efforts to comply with EPA Resource Conservation and Recovery Act Corrective Action goals. The Region VIII acting deputy regional administrator, Pat Hull, and the manager of the Solid and Hazardous Waste Program Corrective Action Unit, Paul Arell, presented the honor to the team involved with the ongoing cleanup of Fort Carson sites. Team members included representatives from Fort Carson, U.S. Army Forces Command, U.S. Army Corps of Engineers, the U.S. Army Environmental Center, the Colorado Department of Public Health and Environment and the Fort Carson Restoration Advisory Board Co-chair. Region VIII of the EPA encompasses Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming.

The award recognizes actions of the post team during Fort Carson's June 2000 Installation Action Plan meeting. The installation adopted the EPA's Environmental Indicators as part of their remediation plan for the next fiscal year. The Environmental Indicators, according to Ron Lillich, of the Region VIII EPA office, are used to measure two areas of environmental concern at federal and private hazardous waste treatment, storage and disposal facilities "current human exposure under control" and "migration of contaminated groundwater under control."

"The environmental indicators are not compliance oriented," explained Lillich, "but a measurement tool to show progress on a nationwide basis for corrective action."

"Fort Carson elected to incorporate the environmental indicators into the Installation Action Plan as a cooperative effort with the CDPHE and the EPA," said Jim Henderson, the Fort Carson Installation Restoration Manager. "The post strives to be a good steward of its land."

By EPA guidance, indicators relate to exposure by inhalation, skin contact and ingestion of a contaminant in the air, soil or surface water potentially

impacted by contaminated groundwater. Potential sites, determined by previous activities, are given a rating as to their current condition of "Yes" – contamination is under control, "No" – contamination is not under control or "IN" – insufficient data is available to classify. Once site determination is made, protective measures can be put in place, such as fences, signs and informing the public of the problem.

Annually, the Colorado Department of Public Health and Environment completes a Stabilization Measures Questionnaire for EPA, including project status information on site clean up provided by Fort Carson. "Only by understanding if the EIs can be achieved incrementally, are we capable of determining if the goals can be met site-wide, and if not, take the steps to redirect the effort," said Harlen Ainscough, of the Hazardous and Materials and Waste Management Division of CDPHE.

According to Lillich, Fort Carson is the first of the 11 federal facilities in Region VIII to formally address compliance with the indicators. The installation has 76 sites listed on the Defense Site Environmental Restoration Tracking System as being under inves-

tigation and cleanup.

Prior to the Installation Action Plan meeting in 2000, Fort Carson was projected to meet the indicators as late as 2009 for human exposure and 2014 for groundwater migration. By voluntarily adopting the indicators as part of the annual Installation Action Plan, Fort Carson moved the EPA's Corrective Action goals to the forefront of its priorities.

"Fort Carson plans to meet the environmental indicator mandatory dates. In the event that this requires reprogramming of funds, every effort will be made to accommodate those requirements," said Henderson.

"The acceleration of the projected EI accomplishment is in sharp contrast to the approach at other military facilities in the other commands," Lillich said. "Military bases have been identified by the EPA Headquarters Office of Solid Waste as a national problem area in achieving EPA EI goals. With the tremendous support of the Fort Carson IAP team this past year, the EPA's environmental indicator goals have been significantly advanced and will serve as a model for other Army installations."

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Time for a break...

Fort Carson hikers take a rest above the tree line during a trek to the top of Pikes Peak. (left to right) Capt. Jim Barkei, Capt. Scott Stauffer, Sgt. Sharon Togol and Curt Warner stop to catch their breath about three miles from the top of the mountain.



Photo by Chief Warrant Officer Jeff Martin

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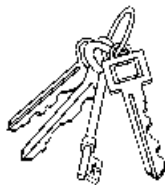
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Migraines: symptoms can be a real 'headache'

by Dr. Donald Daeke
Fort Carson Emergency Medical
Service

Migraine is a form of headache that consists of throbbing pain, usually on one side of the head, and often accompanied by nausea. Migraines are often referred to as "vascular, or sick headaches." The word migraine actually means "half of the skull" in Greek. About 5 to 10 percent of the population experiences migraines to some degree. These headaches usually begin in childhood, are more common in women and are often during the menstrual period.

There are several patterns of migraines.

"Classic migraine" consists of a period of altered vision preceding the headache by about an hour. Patients may sense flashing lights in their vision, or may even be unable to see at all in part of their visual field. They may have a sense of altered perception. Later, when the throbbing headache pain begins, they will often have nausea. Patients tend to be light- and noise sensitive. This type of migraine affects about 12 percent of patients.

"Common migraine" is experienced by about 80 percent of migraine sufferers. Preceding symptoms are much milder. Light and sound sensitivity are again present. The pain can be severe, and is again associated with nausea and vomiting.

"Cluster migraine" consists of pain over the face, often associated with nasal congestion, and eye irritation with tearing. This type of headache tends to come frequently over a one to two month period of time, and therefore are called clusters. These are more common in men, and are often brought on by the use of alcohol or nitrogly-

cerin. Hay fever has also been associated with this type of headache. The pain can be severe and incapacitating.

"Hemiplegic migraine" consists of the usual one-sided severe throbbing headache pain, with nausea, but in this case, also associated with weakness on one side of the body. However, these kinds of neurologic changes also have to be evaluated for a bleeding blood vessel or mass inside the skull.

There is a lot of crossover between the types of migraines, and they are not easy to place in specific categories. However, they all have the characteristics of pulsating or throbbing pain and nausea.

Migraines are thought to be throbbing because they are "vascular" headaches. Various factors called neurotransmitters are released into the blood vessels in the brain's circulation that cause the blood vessels to dilate. These blood vessels have sensory nerve cells around them that sense the dilation and the pulsatile flow of blood through them, and produce the throbbing pain.

Some of these neurotransmitters include tryptamine, serotonin and histamine. In some cases, when the headaches become frequent or prolonged, the blood vessels themselves actually become inflamed.

Treatment of migraines consists of education and understanding, avoidance of causative factors, and trial of various medications. Certain food components or additives can trigger migraines, including:

- Tyramine — An amino acid that is found in aged or processed cheese, like cheddar or provolone. American, Velveta, cottage cheese and cream cheese are OK. A typical scenario is a

migraine following eating pizza. Chocolate, cola drinks, cocoa, pickled herring, yogurt, liver and red wines also contain this amino acid.

- Caffeine — Found in coffee, tea, caffeine-containing soft drinks, chocolate and cocoa. A sudden drop in consumption of caffeine can also bring on migraines, by withdrawing the vasoconstrictive effect of the caffeine.

- Sulfites and Nitrates — Are preservatives found in ham, bacon, sausage, lunch meats, wieners and wines.

- Monosodium glutamate — is a flavor enhancer found in commercially prepared foods and used on salad bars, boil-in-bag meals, Chinese foods, rice and stuffing mixes. Always specify "no MSG" in restaurants.

- Excess salt in food — Table or seasoning salt used in canned soups, vegetables, salted crackers, salted potato chips, pretzels, sauerkraut, olives, pickles, condiments (catsup, mustard, Worcestershire sauce, barbecue sauce, chili sauce, soy sauce and tartar sauce), salad dressings, tomato sauce and pizza.

- Alcohol — Beer and wine can cause migraines. Red wines also contain tyramine.

Other factors associated with precipitating migraines include lack of sleep, fasting, flashing lights (including the high frequency oscillations of fluorescent lights) and stress.

Medical treatment ideally involves avoidance of precipitating factors and some medications. Exercise is useful by maintaining a well-conditioned vascular system that is less susceptible to triggering factors. Some longstanding medications used to treat migraines include "Sansert," and "Cafergot."

"Imitrex" is a relatively new medication that selectively blocks the effects of tryptamine. It can be used in either injectable, inhalation or pill form, and can terminate the migraine after it has started, in as little as 15 minutes. Non-steroidal anti-inflammatory medications such as Ibuprofen are also useful. Some medications such as beta-blockers (like Inderal), calcium channel blockers (like Procardia), and anti-histamines (such as Periactin), can be used prophylactically to decrease the frequency and severity of the migraine. Even anti-seizure medications and antidepressant medications have been used successfully in some patients. If inflammation of the blood vessels is suspected, steroids for short courses can be helpful. Injectable narcotics are used occasionally for extreme cases, but are counter-productive if used very often because frequent use suppresses the body's ability to make its own painkillers — the endorphins.

There are many other causes of headaches and a careful history of the circumstances surrounding them can usually differentiate between them. In Colorado, at altitudes above 10,000 feet, and especially above 12,000 feet, high altitude headaches occur. At these altitudes, an increased rate of breathing is caused by the relative lack of oxygen. This causes a change in the blood acid-base balance, which in turn causes the blood vessels in the brain to dilate, causing a throbbing headache much like migraine. As a person acclimates to the high altitude, the body adapts to the lack of oxygen, breathing slows and equilibrium is restored. Patients with a particular sensitivity to this problem can be treated to prevent it with medication — consult your physician.

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Photo by Spc. Jon Christoffersen

Force on force ...

A Bradley Fighting Vehicle from 1st Battalion, 8th Infantry, drives along a row of concertina wire used as a battlefield obstacle during a deliberate attack maneuver held as part of Operation Mountain Strike 2001. The operation pitted 1st Bn. 8th Inf against Task Force 1st Battalion, 12th Infantry, in the training area of Fort Carson. The operation concluded Wednesday, and according to Capt. Chad Christman, Company C, 1st Bn. 12 Inf. commander, the exercise was a great success. See next week's issue of the *Mountaineer* for a full story on Operation Mountain Strike 2001.

Soldiers

From Page 1

from there. The winners of the installation level competitions now move on to III Corps level, and from there to Forces Command and Army-level competitions.

"I am also convinced that these two soldiers will win at III Corps and FORSCOM," Maj. Gen. Edward Soriano, 7th Infantry Division and Fort Carson com-

manding general, said during the ceremony.

For winning the competition, Simpkins, and his counterpart, Sgt. 1st Class David Cusak, Battery B, 2nd Battalion, 362nd Field Artillery, winner of the NCO of the Year, were awarded many prizes from local community sponsors. A \$500 savings bonds and new dress blue uniforms were two of the deluge of prizes awarded to the winners.

After accepting the awards and the kind words of Soriano and other guest speakers, Simpkins said that the accomplishment took a lot of hard work from many different people.

"Everyone in my unit helped," he said. "I have a good group of leaders that got me here."

Simpkins family support was also behind him 100 percent, and he credits a lot of his success to his family.

"We both push each other in everything we do," Kim Simpkins, Tyler's wife, said. "From the time he was in the car on the way to PT (physical training) until we go to bed, we were studying."

Simpkins and his wife, both from Amarillo, Texas, said the Army has been good to their family, and they realize that this competition is just one part of being in.

"I joined the Army so I'd have a



Photo by Staff Sgt. Tami Lambert

Sergeant 1st Class David Cusak, Fort Carson Noncommissioned Officer of the Year, tests on his Nuclear, Biological, Chemical, knowledge during Common Task Training test.

steady setting for my family," Simpkins said. "It's like any other job, it has its ups and downs."

For Cusak, the competition was by his account, the culmination of 17 and a half years of Army service.

"When I won the first board, I kept going," Cusak said. "I was trying to (win) as an example for my soldiers."

For Cusak, the road to NCO of the Year started in June 2000 when he won his battalion NCO of the Month competition.

The year of work leading to this award was worth it, he said.

"It's got to be the proudest moment I have ever encountered in my military life," Cusak said.



Photo by Staff Sgt. Tami Lambert

Private 1st Class Tyler Simpkins, Fort Carson Soldier of the Year, finds a point on a map during the Common Task Training test which was a requirement to compete for the competition.

10th CSH reorganizes, prepares for JRTC

by Spc. Chris Smith

14th Public Affairs Detachment

Soldiers of the 10th Combat Support Hospital, 43rd Area Support Group, are undertaking a vast task in being the first unit to field a split 84-bed and 164-bed facility since Desert Storm.

The unit previously hosted a single 296-bed hospital but is now reorganizing to the split facility to better orchestrate tactical movement in a field environment. To do this, the medics have set up the fully operational, split facility in the Fort Carson training area.

"The 296-bed facility is hard to move," said Maj. William Lachance, 10th CSH executive officer. "With an 84-bed facility, we can push forward into the division rear and move with them."

The 10th CSH is one of only five immediately deployable CSHs on active duty. In keeping with its readiness, unit soldiers are also using their time in the field to prepare for an upcoming deployment to the Joint Readiness Training Center at Fort Polk, La., in October.

During the deployment to JRTC, the unit will be supporting elements of the 101st Airborne Division. To prepare, Lachance said the soldiers are checking the functionality of their equipment and in some cases, have brought in outside help to make sure everything works fine.

The soldiers will not only be checking equipment, they will also be performing soldier skills such as reacting to indirect fire, nuclear biological and chemical attack, and perimeter defense, according to Lachance.

Lachance said the hospital's capabilities rival that

of a large fixed based hospital. The large facility can provide services in intensive care, immediate care and minimal care to 248 patients when the facilities are collocated.

There are six operating tables, which can provide general, orthopedic, thoracic, urological, gynecological and oral maxillofacial services. "We can perform any procedure here that a regular hospital can," said Lachance.

The unit will remain in the field for the next few weeks as they finish training, reorganization and preparation for JRTC.



Photo by Spc. Chris Smith
Soldiers from the 10th Combat Support Hospital lay out tents prior to set up. The 10th CSH has been in the field for two weeks reorganizing and training.



Photo by Spc. Chris Smith
Private Sofia Lopez, 10th Combat Support Hospital, 43rd Area Support Group, checks equipment to ensure operability.

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Photo by Maj. Shelly Stellwagen

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The average dog can usually work until they are nine to 13 years old. After a dog has finished its military career fighting crime, it is evaluated for adoption into the civilian world. If the dog is adaptable, it can be adopted out to a suitable handler — if not, it is euthanized, Hanna said. This is because the type of life military dogs lead makes them more aggressive than a dog that has lived in a calmer environment.

“You wouldn’t want that dog to get into the wrong person’s hands in the civilian world,” Mandella said.

To work with the military working dogs, the military police must also go through special training for three months at Lackland Air Force Base, Hanna said. To be qualified for

the job, the military police officer must volunteer, want to do the job, have no fear of dogs and want to work with dogs. Even though the job is open to all ranks of military police, the majority of those in the field are E-5 and E-6.

At Fort Carson, there are currently 14 soldiers in the K-9 unit, he said. Each dog is assigned to only one soldier. Even though the dogs come from Lackland certified as a military working dog, when the handler is introduced to the dog, they are certified as a team, Mandella said.

“We train with our dogs every single day,” he said. “All facets (detection, patrol, etc.) are equally important to

hours of detection and 30 hours of law enforcement,” Mandella said. The military police take their dogs anywhere on the installation to train, whether it is a building or an open field.

“Our number one priority is training,” he said.

Mandella also stressed that every dog has a different personality that handlers need to learn.

“The better you manage that dog’s personality, the better you will work as a team,” he said.

The military police officers also realize their mood affects the mood of their dog because “It runs down leash,” meaning, “The dog can sense your mentality and attitude as soon as you take him out of the kennel,” he said.

The military police officers each work with his or her own dog and after working so closely, the dog turns into just another pet.

“We all treat them like they’re a pet,” Mandella said, “but we know they’re not. We know their limits of how far we can take the dog.”

The military police realize the “K-9 cops” are only temporary, whether it is because of a permanent change of station or because the dog is ready for retirement.

Even so, Hanna said, “It’s really hard though (to be separated from your dog,) especially when you’ve had them for a couple of years.”

When a soldier PCSs, the dog goes through a process called social deping, where they are separated from the soldier for 30 days. This allows them to be able to adapt to the next soldier who will become its new handler, Mandella said.

Overall, Mandella said the job comes with a lot of highlights, to include travel, working with the dogs, companionship and getting paid to play with the dog.

“Our job is a very unique job,” he said. “If you don’t want to do it, this is definitely a job you don’t want.”

According to Sgt. Hope Redden, narcotics dog handler, the most important thing is to let the military working dogs play.

“Just hang out,” she said. “Don’t always do work. Let the dog be a dog.”

“Once you let the dog be a dog, that is their release,” Redden said. “They know when to work and when to play.”



Photo by Spc. Stacy Harris

ko, military working dog, where to



Staff Sg
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Bulldogs train to maintain 3rd BCT

by 1st Lt. Adam Brink

Company B, 64th Forward Support Battalion

Once again, Company B, 64th Forward Support Battalion, deployed to down-range Fort Carson as part of Operation Mountain Strike 2001 to provide direct support maintenance for 3rd Brigade Combat Team. The support is in the form of five maintenance-support teams attached to other battalions in the brigade. Company B is also supplying two missile contact teams each to 1st Battalion, 8th Infantry and 1st Battalion, 12th Infantry. Aside from these teams, which are forward on the battlefield with the supported units, the rest of Company B defends about 400 meters of the brigade support area perimeter, to include the main entrance gate.

The deployment began with the battalion security party, which secured the BSA and ensured it was free of any Nuclear, Biological or Chemical agents prior to the quartering party's arrival. The quartering party is in charge of directing the convoy serials to their area of the perimeter in an orderly fashion. After the serials were emplaced, the priorities of work began with security of the BSA perimeter.

During the 18-day deployment, Company B focused on lane training, NBC training, perimeter defense, sling-load training and DS maintenance. This deployment will also help Company B refine its tactical standard operating procedures to increase proficiency and ensure the BSA occupation is a very fluid event.

Exciting events that occurred, while not being planned for, included a few black bears that entered the triple-strand concertina wire perimeter like it was nothing. The bears assaulted through headquarters' platoon area, formed up in the woods and departed through Company A, 64th FSB's section of the perimeter. Another bear incident occurred when Sgt. 1st Class Max Gallegos, Company B platoon sergeant, surprised the bear under hours of darkness. This exciting incident reached the pinnacle when both ran from each other. Other animals encountered include a couple of black widow spiders, a rattlesnake and a mountain lion that also entered the perimeter.

Due to the emphasis on safety and situational awareness, these attacks occurred without injury to either soldiers or animals.



Photo by 1st Lt. Adam Brink

Private Barry Seawright (left) and Spc. Eric Aguirre, 2nd Platoon, Company B, begin to dig a fighting position on the perimeter. Company B had the majority of the positions dug by nightfall of occupation day.



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by 1st Lt. Brian J. Ketz
4th Finance Battalion

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which is available online at <http://144.101.37.133/property/gpov/POVnotice.htm>.

For general questions, telephone the MTMC at (800) 756-MTMC or DSN 328-3333. When shipping your POV to your new duty assignment overseas, the following measures need to be taken:

- Once you have received your Permanent Change of Station orders and you know the date you desire to ship your POV, you need to bring a copy of your PCS orders to SATO/Carlson Wagonlit Leisure Travel where they will issue you a government ticket for your return trip after POV shipment.

- Once you have returned to Fort Carson after shipping your POV, you need to fill out form 1351-2 (Travel Voucher) in order to be paid for your mileage. Along with a completed form 1351-2, you will also need to bring in two copies of your form 788 along with two copies of your PCS orders assigning you to an overseas duty location.

- Once you have completed the travel voucher and turned in all the required documents, your POV ship-

ment payment will be processed within 10 working days.

The payment for POV pick up does not work like a normal PCS or Temporary Duty travel claim.

- If the soldiers use their own means of transportation to arrive at the VPC, they will only be reimbursed round trip mileage at 34 cents a mile. Only one vehicle will be paid for, i.e. if the servicemember drives to the VPC with another person and now is returning to Fort Carson with two POVs, they will not be paid for the return trip of the second vehicle.

- If the servicemember buys a ticket out of pocket, he or she will not be reimbursed for that airfare. The servicemember will only be paid what it would cost at 34 cents a mile by POV.

- If the soldier flies to the VPC on a government issued ticket, he will be reimbursed only for his mileage back to Fort Carson.

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Show me the money

Savings suggestions that lead to financial independence

By Sgt. 1st Class Ricky D. Yates
Command Financial Noncommissioned
Officer Training Coordinator

Do you want to save money but don't know where to begin? Here are some suggestions that may help you get a start on financial independence.

Start small. Experts recommend you save 10 percent of your income. This can be very difficult for some people, who are living from paycheck to paycheck. Establish a saving habit and be consistent at depositing funds into the account. This is better than trying to save a large sum of money at one time. Let's say you save \$10-\$20 out of every paycheck - that is better than nothing.

If your employer offers a 401(k) plan, take advantage of it. Contribute up to the amount the company will match. The most common match is 50 cents on the dollar. This automatically gives you a 50 percent return on your money.

Monitor your automated teller machine withdrawals. Automated teller machines are so convenient to use and you can lose track of transactions. Unless you keep detailed records, ATMs can be an expensive way to access your money. Decide how much you will take out each week and make it last. At the end of the week deposit what's left into your savings account. The money you will save on ATM usage fees can also be deposited into the savings.

Pay off your debts as soon as possible. List your debts from the highest interest rate to the lowest. Start paying off the highest rate first then the next highest by applying the money from the first to the second and so on until all debts are paid. This is known as power payments. After the debts are paid off, deposit the money you were paying into savings. By paying off a creditor that's charging you 21 percent interest on a loan means you get a 21 percent return on your money.

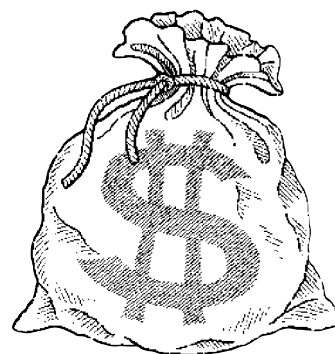
If you are a homeowner, try making an extra payment on your mortgage each year. This is the same as making two payments a month except you save the fee some mortgage companies may charge to process the extra payment. Making the additional payment will take an average of eight years off the life of the mortgage and save you tens of thousands of dollars in interest. This is a simple process.

Take your mortgage payment and divide into 12 months and pay that extra amount each month. For example, a \$1,000 payment divided by 12 is \$83.33, the amount you would pay in addition to the minimum payment.

Once you have eliminated the debt that has been a burden on your life for so long, you are now ready to begin looking at ways to get the most return for your money. There are many different ways to invest money based on the risk you are willing to take.

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Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mountain Inn (building 1040)
3rd BCT Iron Bde (building 2061)
3rd ACR Butts Army Airfield (building 9612)

Standard Facilities

3rd ACR Patton House (building 2161)
10th Special Forces Group (A) (building 7481)

Weekday Meal Hours

Mon., Tues., Wed. and Fri.	Thur.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Week of Aug. 4 to Aug. 10

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- Cheyenne Mountain Inn breakfast hours are 7 to 9 a.m. on Monday, Tuesday, Wednesday and Friday.
- 10th SFG (A) meal hours are the same Monday through Friday. It serves no dinner meal on Fridays.
- The CAV House Dining Facility will be closed for repairs until further notice.

Weekend Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd BCT Iron Bde. (Bldg. 2061)
3rd ACR Patton House (building 2161)

Saturday Meal Hours

Breakfast	8 to 10 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 6 p.m.

Sunday Brunch/Supper Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3:30 to 6 p.m.

The Department of Logistics, Installation Food Service sergeant major, conducted its NCO/Cook of the 3rd Quarter, FY 2001, competition June 27. Food service personnel from several units were representing the finest at Fort Carson. The president of the board, Sgt. Major James Hurst said, "The questions are both MOS and non-MOS related and the competition was keen."

Senior Chef Category Winners:

Sgt. Maurice Owens, 2nd Trans. Co. 43rd ASG
Runner up: Sgt. Aisha Campbell, HHT 4/3 ACR

Chef Category Winners:

SpC. Shelia Y. Terry, HHT 4/3 ACR
Runner up: SpC. Donovan Stales, 2nd Trans. Co. 43rd AG



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**After Aug. 4, registration accepted based upon available slots in each age group*

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CYS is offering drop-in recreational bowling for kids all ages, Wednesdays at Thunder Alley 1:00pm-3:00pm

call 526-1100

5th Grade Open Recreation Opportunities

All activities will be conducted at Bldg. 5510 on the following Saturday:
August 11th--Splish, Splash Pool Party 5pm-8:30pm
Cost will vary.
For more information Please Call 526-1100

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Sports & Leisure

Mountaineers win season finale

by Walt Johnson
Mountaineer staff

If only the Fort Carson Lady Mountaineers could have started the season the way they ended it July 25 at Skyview Sports Complex in Colorado Springs.

The Lady Mountaineers played their best game of offense and defense as they defeated Oscar's Pub Lady Shooters 16-8 in both teams' season finale.

The Lady Mountaineers were playing this game like it would be the last time the team would play together. They played with compassion and enthusiasm unmatched at any time this year.

The Lady Mountaineers jumped out to a 2-1 lead after the first inning, held the Shooters scoreless in the second inning and went on to score eight more runs, highlighted by a Trish Mackie grand-slam, to take an insurmountable 10-1 lead. The Shooters mounted a comeback of its own, getting as close as 7-11 after five innings. From there, the Lady Mountaineers cruised to victory.

After the game, Lady Mountaineer assistant coach, Cheri Provencha, said it felt good to finally play a total game and win the season finale.

"Boy, it was about time. Tonight was a repeat of what we did at Sky Sox Stadium a couple of weeks ago (when the Lady Mountaineers beat the Air Force). We came on the field with a positive attitude, and we were determined to walk onto the field and have some fun. That was the difference between today and other games we played this year, with the exception of our first win of the season. That has been our downfall this year. We didn't come out here with the attitude of having fun. We came out with the attitude that it was a job instead of an adventure," Provencha said.

Still, a team that played as well as the Lady Mountaineers played in this game couldn't help but think what could have been, had they played this way



Photos by Walt Johnson

Lady Mountaineer shortstop, Cheri Provencha, fires across the diamond to retire a Shooters base runner.

all year.

"I don't know if it was the talk I had with the team or if it was the attitude that we were finally going to have fun since we were out of the race for the championship. We just didn't have everyone on

the same page at the same time throughout the year. We also lost a lot of games because we couldn't get the consistency we needed, because the training schedule of units on post was so diverse," Provencha added.



Terri Meagher hustles down the line as she legged out an inside-the-park home run in the fifth inning.



Kathy Idleberg scores one of the eight runs for the Lady Mountaineers during the teams second inning explosion.

On the Bench

Dearly beloved, we are gathered here today

by Walt Johnson
Mountaineer staff
Gang, I hope all my fellow football fans had a good rest from the rigors of the February through July period when we must be without professional football.



Johnson

The waiting is now over as all 31 teams are preparing for one of the most wide-open seasons I can remember in some time. There will be a lot of questions and

answers regarding this season, and we will get to most of those questions and answers in subsequent columns.

To get your appetite back on line, remember the NFL's first televised pre-season game will be Monday night at Canton, Ohio, in the Hall-of-Fame game, featuring the Miami Dolphins and the St. Louis Rams. I guess I don't have to tell you where I am writing this column from Monday.

Obviously this space was going to be taken by another news item other than the untimely death of Minnesota Vikings offensive lineman Corey Stringer.

Stringer passed away Wednesday morning after suffering a heart stroke during the Vikings practice session Tuesday.

First, my thoughts and prayers go out to the Stringer family, and no matter which team you root for, I hope you join me in wishing the family peace in this time of sorrow.

There will be many things said and written over the next few days about this unfortunate incident but now is the time to celebrate what a wonderful football player and person he was. Rest in peace, Corey, you will be missed.

There are times when it is said behind every good man there is a great woman.

Three young men, on the Joe Gentry track team running for the post youth center, have the undying commitment from their mom as they seek to develop their track and field skills.

Cynthia Blackledge has three young men she constantly and consistently encourages to realize their potential on and off the sports field.

Blackledge watched her son, Raymond, finish second in the nation at Saturday's track and field meet in Sacramento, Calif., and like any mom, she was very happy to see her son's success.

"I'm very proud of what he accomplished. He's always been a very active boy and he is a good kid," Blackledge said.

Blackledge said her parents raised her with good values as she grew up. She said it is her goal to have her

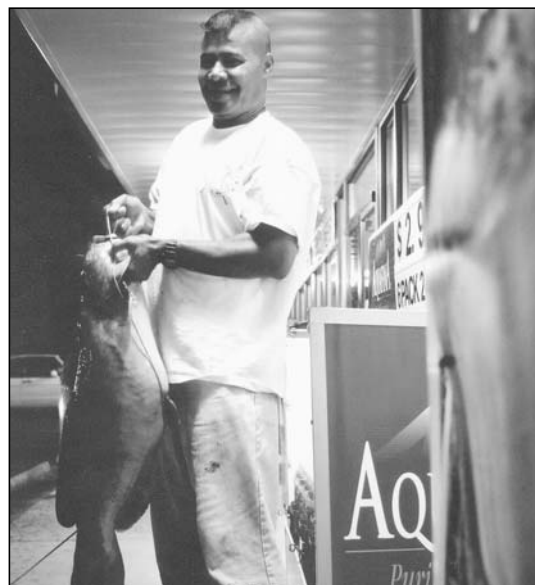


Photo by Staff Sgt. Eric Peterson, 52nd Engineers

A fishy story? ...

Spc. Steven Bayow, United States Army Garrison, has one fish story to tell his friends. Bayow recently caught a 33 inch, 31.5 pound catfish in Fort Carson's Townsend Reservoir.

See Bench Page 25

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Bench

From Page 24

children understand they can be part of the solution to life's twists and turns by becoming good citizens.

"It is my goal through positive experiences like track and field to keep them focused and going in the right direction," Blackledge said.

Blackledge added that her sons and other children that get involved with sporting activities develop the kind of discipline that will help them go far in life.

"It's a good discipline for children to be involved with sporting activities because that keeps them away from negative things. As long as they want to be involved with these activities they should turn out to be good kids," Blackledge said.

Blackledge said she gets physically tired from the demands of daily life and her son's practice schedule but she realizes she is doing what she thinks is good for her sons.

"I get tired but when I think of the children and what they could accomplish and what they are up against from life, I say to myself I have to keep going for their sake," Blackledge said.

Joe Gentry, track team coach, said all the parents of the youth team are doing their children a great service by supporting them in their track and field efforts.

After Raymond Blackledge finished second in the triple jump in California Saturday, Gentry was quick to praise his assistant coaches and Raymond's mom for the success.

"Coach Greg Stinson and Coach John Smith have done an excellent job getting our children ready to compete. I've had 162 kids in college on track scholarships and I have found there are very few parents that want to go through what is necessary to get their kids in school," Gentry said.

The parents here, especially Ms. Blackledge, are doing what is necessary to keep their children focused. Ms. Blackledge did what was necessary to get her son to California and it paid off now (placing



Photo by Walt Johnson

Rooting for our team...

It's great to report that injured Lady Mountaineer players Jen Harikawa, front left and Lisa Hiscock, front right, joined Judy Ortiz-Aragon, back left and Barb Vanis to cheer for the Lady Mountaineers during its game July 25th at the Skyview Sports Complex in Colorado Springs. The two warriors are recovering nicely, from their injuries during the Army vs. Air Force game July 15th at Sky Sox Stadium in Colorado Springs.

second in the nation) and should also pay off in the future," Gentry added.

Don't forget to mark Aug. 15-19 on your calendars. That is when some of the best female bowlers in the world will be at the post bowling

lanes.

The Lady Professional Women's Bowling tour will stop at the newly renovated bowling lanes for four days of fun and exciting action. More on this event in next week's edition of the Mountaineer.

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Carson youth places second at state track and field meet

by Walt Johnson
Mountaineer staff

(Editor's note: See a related article on the track meet on page 24)

Sometimes you can see the light at the end of tunnel sooner than later. Though he still has a lot of work to do to be a top-notch performer, Fort Carson's Raymond Blackledge took a giant step toward being one of the top track and field athletes in the country when he placed second in the nation in the triple jump in California Saturday.

In addition to placing second in the triple jump, Blackledge placed 12th in the long jump.

Blackledge's junior high school track coach and current assistant coach on Joe Gentry's staff, Gregory Stinson, said there is little surprise at Blackledge's early success in track and field.

"Raymond is dedicated to being the best athlete he can be. He comes to practice every day, takes practice seriously and obviously has a lot of natural talent. Raymond is willing to develop his talent so he can be competitive on the national level. He realizes that it takes more than natural talent to be good at the national level, it also takes an extensive amount of training," Stinson said.

Another assistant track coach, John Smith, said Blackledge has a nice ingredient that will serve him well as he develops over the next few years.

"He has a great attitude and he has a very tough mental makeup. He competed in four events (long jump, triple jump and 100 and 200 meters races) at the regionals (in Albuquerque in mid July) where generally at that level, guys will do just one event. He was highly competitive in all four events.

Stinson has trained Blackledge for close to three years and he was in a better position than anyone to know what could be expected of Blackledge going into the meet. Stinson said he felt Blackledge had the

talent to "win both events. When I looked at it, I thought the triple jump would be his best event, but he has jumped further than what turned out to be the winning long jump at the nationals," Stinson said.

This was the first national meet for Blackledge and it did have an impact on his long jump event. Blackledge wasn't able to get off his best jumps but he took it in stride.

"It was just one of those days athletes have when things don't go as well as you would like," Blackledge said.

Blackledge could have folded up his tent and went through the motions in the triple jump competition but he chose to respond like a champion.

Blackledge found himself in a close competition with another athlete from Texas who scored better on his last jump to win the gold medal.

"I was ready to do what I had to do. I didn't think he had that much pressure on him because he knew what he had to do to beat my jump. Its easier to hit a mark than to set

one. It feels good to be the second best triple jumper in the nation but I would rather be the number one jumper in the country," Blackledge said.



Raymond Blackledge, left, talks with his mother, Cynthia, about the triple jump technique.

Photos by Walt Johnson

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Mountaineer Sports Spotlight



Photo by Walt Johnson

Are you ready for some football?

Members of Company A, 10th Combat Support Hospital get in some pre season football practice Saturday on post. Letters of intent are due from units wishing to participate in this year's intramural football season by Aug. 17. Also, the post will sponsor a pre season football tournament Aug. 24 through 27. Anyone interested in turning in a letter of intent and or play in the pre season tournament should contact Josh Mitchell at 526-6584.

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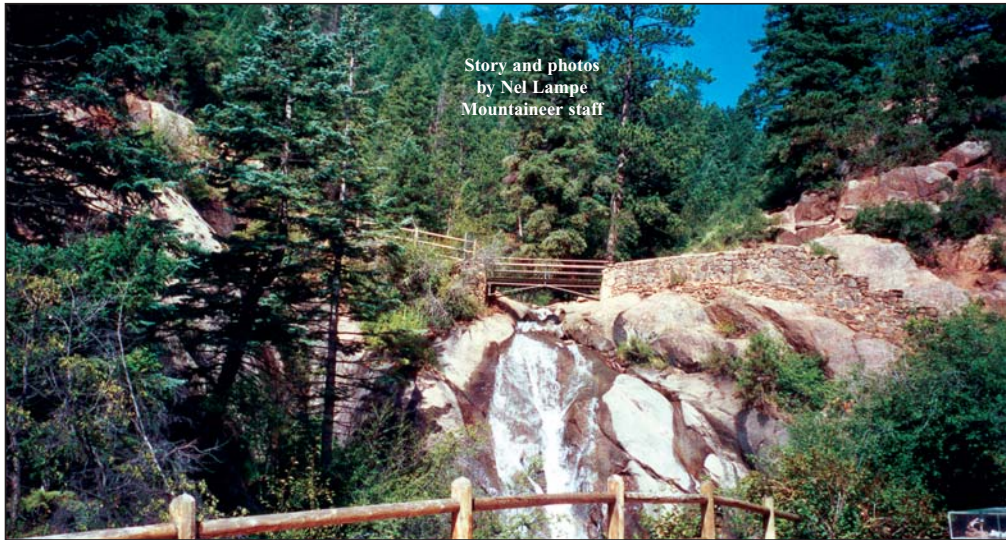
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Learn about nature, relax



Story and photos
by Nel Lampe
Mountaineer staff

Helen Hunt Falls is in North Cheyenne Canon. Nearby are the visitor center and several hiking trails.

Get away from it all in just 15 minutes. Get close to nature by relaxing in North Cheyenne Canon Park. Although a city park, it has the amenities of a mountain park, with its own creek, tall pine trees and a waterfall. It's the perfect place to unwind, take a hike, have a picnic, let the children explore or just listen to the water in the creek rush by while the tension melts away.

North Cheyenne Canon (spelled Canyon on some maps and signs) is also a place to learn about nature. Starsmore Discovery Center is located at the entrance to North Cheyenne Canon and admission is free. There are a few parking places next to the rock building and a large parking lot across the street. Starsmore is hidden among the vegetation and trees, but several



Near the entrance to North Cheyenne Canon are the Starr Kempf sculptures. The sculptures are on the grounds of the artist's home.

signs assist in finding the center.

Several displays in the discovery center are of interest to visitors — displays of rocks and crystals indigent to Cheyenne Canon, furs and skins to touch, exhibits about area wildlife, bears and birds and samples of tracks made by animals. There's also a climbing wall in which children at least 4 feet 6 inches can learn to climb for free. The rock wall is available from 3 to 4:30 p.m. daily, and only on weekends after Labor Day.

One of the major events of the year at Starsmore Discovery Center is the annual hummingbird fest on National Hummingbird Day Saturday. Many hummingbirds are at home in North Cheyenne Canon and feed at the feeders on the veranda at the discovery center.

Programs about hummingbirds, geared for children 12 and older are scheduled Saturday, beginning at 8:15 a.m. Each program lasts about an hour, and is free, but reservations are necessary. Call 578-6146 to inquire about sessions with openings. Starsmore Discovery Center is at 2120 S. Cheyenne Canon Rd.

Starsmore offers several nature

programs, such as "Wild About Wildlife" for children, every Tuesday at 10 a.m. Another children's program is Tricky Tracks Aug. 16 at 1:30 p.m. Wormology is Wednesday at 1 p.m. Other programs are about coyotes, technical rock climbing, wildlife, bears, flowers and building a bird feeder can be attended by anyone.

Rose Peace, a volunteer in the center, urges people to utilize the center and make reservations for the programs. "It's a fun way to learn about nature," she said.

There are several hiking trails near Starsmore, and interested hikers can participate in a scheduled hike with a guide. Some hikes are scheduled from 9 to 11 a.m., and other hikes are 6:30 to 8:30 p.m. Call 578-6146 for hike information.

The center opened in 1992 in a stone house built in 1918. The house was acquired by the city and moved to North Cheyenne Canon in 1992. It had belonged to the Starsmore family and is made of stones collected from the Cheyenne Canon area.

Before leaving the Starsmore

See Cheyenne Canon, Page B-2



Katie Kelley looks at a footprint casting of animals known to frequent Cheyenne Canon.

Happening's



A pull-out section for the Fort Carson community

August 3, 2001

Cheyenne Canon

From Page B-1

parking lot walk over a pedestrian bridge spanning the creek and look southward. You'll catch a glimpse of silvery wings amid dark evergreen trees. You've just discovered Starr Kempf's incredible, gigantic metal wind sculptures. Located at the corner of Evans and Pine Grove streets, the bright silver figures stand still or move in the breeze, turning silently or spinning in the wind.

Three sculptures are named "Spirit of the Wind," "Bird in Flight" and "Metronome," and capture the imagination. Some of the sculptures are 50 or 60 feet high, weighing thousands of pounds. The sculptures were made of steel in the artist's workshop on the grounds. The sculptures stand in the yard of the home built by the artist 50 years ago.

Many people learn about the sculptures from



Volunteer Edie Adelstein shows visitors one of the worms being grown at Starsmore Visitor Center.



A family hikes a trail which begins at the Starsmore Discovery Center.

other people or accidentally discover the sculptures. Visitors come by the dozens and gaze in awe.

There are usually a few people at the gate, taking pictures or watching sculptures turn.

Posted signs request motorists not park by the house. Parking spaces are provided a few yards away. Follow the parking signs or walk to the yard from Starsmore's parking lot.

Before leaving the area, take the North Cheyenne Canon road about three miles uphill to Helen Hunt Falls and the visitor center.

There are several hiking trails in Cheyenne Canon and naturalists at the visitor center will give you a trail map and advice about trails to match your hiking skills.

Spend a few minutes at the visitor center and gift shop where there are several informative displays about rocks, wildlife and Helen Hunt Falls. Gifts include T-shirts, stuffed animals and puppets, posters and screen savers. Several books about Colorado, Helen Hunt, hiking and birds are also available.

Interpretive talks are given by employees several times a day, ranging from gold panning to geology; from animal tracks to the Utes. The talks last about 15 minutes. Ask about the schedule at the visitor center.

A nature hike is scheduled for 11 a.m. daily, and a flower hike at 2:30 p.m.

Area hiking trails are from one-half to four miles.

A map of North Cheyenne Canon Park can be picked up at Starsmore Discovery Center or the visitor center at Helen Hunt Falls, which shows picnic areas and trails.

Rock outcroppings, tall evergreen trees, crevices and waterfalls fill the canyon which runs alongside the creek.

Cheyenne Canon has been a popular place to visit since Colorado Springs' earliest days. Local citizens rode horses or came in buggies to the canon for picnics, hiking or just looking at the inspirational scenery. Although it might have been easier to just hop off a horse and have a picnic wherever the scenery attracts you, there are pull-off areas and parking spaces along the canon drive. Very few picnic tables are on the road to Helen Hunt Falls, but a dozen picnic tables are just south of Starsmore, along the road to Seven Falls.

Colorado College owned the property in 1883, but the city purchased the property a few years later. General William Palmer, the city's founder, donated other land nearby to enhance the park.

There's no camping allowed in North Cheyenne Canon, but the park is open from 5 a.m. until 11 p.m. during summer.

Starsmore Discovery Center is open from 9 a.m. to 5 p.m. daily, until Labor Day. After Labor Day, the center is open only on weekends.

North Cheyenne Canon can be reached by taking Highway 115 north from Fort Carson, which becomes Nevada Avenue, then make a left on Cheyenne Road (between Safeway and McDonald's) and go west about three miles. The tree-lined street narrows, and there are signs marking the way to Seven Falls and Starsmore



Children learn about area wildlife from a naturalist at the Starsmore Discovery Center before going on a hike.

Discovery Center. At the mouth of the canon, North Cheyenne Canon Road is the right fork, the Starsmore is directly ahead, and the left fork leads to South Cheyenne Canon and Seven Falls (admission charged).

To drive to the Starr Kempf sculptures, take a left on Evans Avenue (just before the fork in the road), watching for the sculptures and parking area.

To reach Helen Hunt Falls and the visitor center there, continue up the steep road right of Starsmore. There are parking spaces by Helen Hunt Falls and the visitor center.



Rugged canyon walls and green trees add to the mountain-like ambiance of Cheyenne Canon Park.

Just the Facts

- **Travel time** 15 minutes
 - **For ages** Families
 - **Type** Nature
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$80
- (Based on a family of four)

Community Events

Family Readiness Center

The Financial Readiness Debt Management Program is available to help active duty, family members, retiree's and Department of Defense civilians with debt problems. For information, call 526-0449.

Army Family Team Building is a readiness program that provides family members and soldiers with an understanding of the Army. It combines the skills and resources needed to become more self-reliant and have a better sense of belonging to the Army family. Some of the topics covered are benefits, entitlements, military terms, customs and courtesies, child care and education. For questions regarding the AFTB classes taught in Spanish or English, call 526-0461.

The Financial Readiness Program presents a class on Checkbook Management, Tuesday from 9 to 11:30 a.m. The class teaches check writing and checkbook balancing skills. Contact Patricia Randle at 526-4590.

The Financial Readiness Program presents a class on Brown Bag for Financial Planning, Aug. 17 from 11:30 a.m. to 1 p.m. This class provides education and discussion on financial planning, budget counseling and consumer issues. Contact Patricia Randle at 526-4590.

The Financial Readiness Program, with Security Federal Credit Union, presents a class on Credit Builder Plus Seminar, Aug. 30 from 4 to 5:30 p.m. The class provides information on establishing and re-establishing credit. Contact Patricia Randle at 526-4590.

The Financial Readiness Program presents a class on Financial Planning for First Term Soldiers, McMahon Theater, Aug. 31, 9 a.m. to 5 p.m. This class provides financial readiness education. Contact Patricia Randle at 526-4590.

Miscellaneous

Blood drives will be held on Fort Carson Thursday and Aug. 17. The blood drive Thursday is sponsored by U.S. Army Dental Activity from 9 a.m. to 12:30 p.m., 5951 Prussman Blvd.; donations will take place at the Lifeline Express bus. For information, contact Capt. Tudor at 526-2006. The blood drive Aug. 17 is sponsored by 10th Combat Support Hospital from noon to 4:30 p.m., building 1200 in the in processing room. For information, contact Sgt. 1st Class Ameson at 526-8097.

There's still time to fill out the official housing survey. In early June Fort Carson Village Mayors distributed official resident surveys to housing residents to determine how well the Army is meeting the needs of on-post housing residents. If you are a soldier or the spouse of a soldier and have not yet responded, please complete the survey and mail it using the provided government postage paid envelope at your earliest convenience. Summary information will be collected on housing communities/villages and the results will be made available to the command group and housing residents. A high-return rate is essential to ensure the command group gets an accurate profile and residents needs. For more information contact Dean Quaranta at the Directorate of Public Works, housing division, 526-7573.

Evans Army Community Hospital brings nearly 100 babies into the world every month. Help Army Community Service give these little ones a warm welcome. Volunteer to sew baby quilts and blankets for the Baby Bundle program. These simple gifts can be made at home and will become a special keepsake for years to come. Call Cammy at 526-4590 for more information.

Fort Carson Technology Exposition 2001 will be held Tuesday from 10 a.m. to 2 p.m. at Christopher's. More than 20 exhibitors will be on hand demonstrating the latest computer hardware, software and services. For more information, call Kristine at (443) 745-0960.

Fort Carson invites the public to learn about environmental restoration projects on post at quarterly Restoration Advisory Board meetings. RAB meet-

ings offer informative presentations on a variety of ongoing cleanup projects. For information or to join, contact Jim Henderson at 526-8001.

Fort Carson yard sales are held the first Saturday of each month at the Beacon School parking lot. If the weather is inclement, then the yard sale falls to Sunday or the following Saturday. Yard sale dates are: Sunday, Sept. 1, Oct. 6, Nov. 3 and Dec. 1.

Pregnant Family Member Exercise Program — Moms in Motion exercise program for pregnant family members of an active duty or retired Army soldier at Evans Army Community Hospital. A required educational class prior to beginning the exercise portion will be taught monthly. To register, call TRICARE at 264-5000.

Boot Camp For New Dads — Brown bag meeting with free pizza every Wednesday from 11:45 a.m. to 12:45 p.m. at the Family Readiness Center, building 1526. Module I, Becoming a Dad; Module II, Caring for Baby; Module III, Hands-on training; Module IV, Caring for Mom and graduation. For information call 526-4590.

Take Off Pounds Sensibly — TOPS — Club meets each Thursday at the Grant Library in the conference room. Weigh-in time is from 5:30 to 6:15 p.m. Meeting time is from 6:30 to 7:30 p.m. Contact Jane Boozer at 526-2181.

Summer pool hours: Outdoor pool every day 10 a.m. to 5:45 p.m. for open swim, including weekends and holidays.

Preschool swim classes in the indoor pool are Saturdays 10:15 to 10:45 a.m. There are five classes per session at \$10 per month.

Water aerobics are offered on Tuesdays and Thursdays, 10:30 to 11:30 a.m. for low impact and 5 to 6 p.m. for high impact. Call 526-3122 or 526-3107 for program information.

The Armed Services YMCA connects military personnel and their families to the community through YMCA programs. The YMCA of the Pikes Peak region provides reduced membership for military personnel grades E-5 and below as well as financial assistance for low income participants. The YMCA also maintains an Airport Information Center at the Colorado Springs Airport to help incoming personnel orient themselves to the community. For more information, call 393-9620, or click on the Web site www.ppyymca.org.

If you love art and spending time at the Fine Arts Centers then becoming a Fine Arts Center Docent may be for you. New docent training class begins Sept. 10 and continues Mondays from 9 a.m. to noon through December. A tea will be held Aug. 21 at 9:30 a.m. to introduce interested parties to the Fine Arts Center and the program. If you would like to attend the introductory tea, receive more information by phone or are interested in an application, contact Melinda Murphy at 634-5581, extension 318.

The Repertory Theatre Company at the Colorado Springs Fine Arts Center is holding auditions for "Annie Get Your Gun." This production will run from Oct. 5 to 21, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Auditions will be held Aug. 18 and 19. All ages needed, all parts paid. Call the Fine Arts Center box office to schedule an audition appointment at 634-5583.

Equal Employment Opportunity Training for August. Classes will be conducted from 8:30 to 11 a.m. in the Cedar Room at the Family Readiness Center. The length of the video sessions will vary. Building Trust: Friday; The Adventure of Motivation: Aug. 15; Prevention of Sexual Harassment: Aug. 24; Video Session: "Handling the Problem Employee" and "Avoiding Wrongful Terminations:" Aug. 29. Select the classes you would like to attend, forms are available at the EEO Office, building 1659, 1675 Berkeley Ave. or fax: 526-2567. Seating is limited, priority will go to Fort Carson civilian AF/NAF employees. You will be notified prior to the class if registration is approved. For information, contact your training coordinator.

The American Red Cross is recruiting volunteers for a Disaster Action Team to respond to disasters that occur on Fort Carson and the Security/Widefield area. The types of disasters that you might be responding to would be single family fires and other disasters that might occur in the area. The Pikes Peak Chapter will provide training free of charge. To sign up for the disaster action teams, call the Pikes Peak Chapter, David Pray at 632-3563.

The Outpatient Medical Record Section at Evans Army Community Hospital is open Monday through Friday, 8 a.m. to noon, except holidays and for in and out processing of medical records. A recent change in out-processing of outpatient medical records requires a copy of PCS orders and instructions as to

which family members records need to be forwarded to the next duty station. Family member's records are no longer hand-carried to the next duty station to insure compliance with new government policies and regulations. For more information, contact Patti Hunnel, supervisor, outpatient records, 526-7293.

Tickets for the Pikes Peak or Bust Rodeo are on sale at the Information Tickets and Registration Office at the Mini Mall. Discounted military tickets are only \$7.50 each. The rodeo is Wednesday through Aug. 12 and Fort Carson night at the rodeo is Friday.

Service Corps of Retired Executives — SCORE presents a seminar on starting and building your own business Aug. 22 from 8 a.m. to noon, building 118, room 109. Register at the ACAP Career Center by close of business Aug. 20, \$15 fee for SCORE packet.

Free information from the Colorado Springs Patient Assistance Network for free and low cost prescription drugs. The network helps people to apply for enrollment in one or more of the patient assistance programs that have free and low cost prescription drugs available to qualified individuals. The organization also helps individuals who are without prescription drug coverage obtain a pharmacy discount card if their income is too high to qualify for free prescriptions. Consumers can get free information about these programs and prescription drug discount cards by calling the organizations 24 hour hotline: (800) 277-0472.

Silver Key Senior Services Paintathon volunteers needed. Silver Key is a local nonprofit organization dedicated to assisting the elderly. Silver Key can arrange for a paint crew to paint single story homes, inside or out. Eight to 10 volunteers are needed to paint each house. Contact maintenance at 632-1521 or ask for Sherry Subach at extension 110, Monday through Thursday from 10 a.m. to 4:30 p.m. for more information.

Annual leave donors are needed for Georgia A. Lucas, an employee of Directorate of Information Management, Management Services Branch. The leave is needed to cover her absence due to emergency surgery/recovery and the exhaustion of her available paid leave. For more information, call Sherron L. Devonshire at 526-2381.

Annual leave donors are needed for Dawn Marcella Ann Orr, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Linda S. Cellars, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Stacey L. Pipken, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for George Bobo, an employee of Department of Environmental Compliance and Management. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call 526-1684.

Youth

Looking for a summer day camp for children ages 7 to 12? Enroll them in day camp on Pikes Peak. The day camps are held every week for the rest of the summer, Monday through Friday, from 9 a.m. until 3:30 p.m. Daily rates and weekly rates are set according to the parent's military rank. The fun camps include crafts, science projects, nature films, environmental studies, field trips and more. The campers meet at the Pikes Peak Highway toll gate, near Cascade off Highway 24. For information, call Barbara French-Pfeifer at 385-7713.

Fort Carson Child and Youth Services offers open recreation for 1st to 5th graders. Any family with a 1st to 5th grade child registered in Child and Youth Services for sports, instructional classes etc., is entitled to five hours of care, Monday through Friday in our school-age program. Call 526-2680 to make a reservation for child care at no charge.

Fort Carson Child and Youth Services has a partnership with the Bowling Center and golf course. If your child only wants to bowl, make a reservation with CYS and on Wednesdays from 1 to 3 p.m. two staff members will supervise your school age child while you run errands. For youths 10 and up on Tuesdays we will have staff at the golf course to play eight holes with your child. Prior reservations are required, call 526-2680.

Pikes Peak Community College

No matter how busy your schedule...we have something for you!

All Classes are Open to the Public • Tuition is \$70/Per Semester Hr.



Military Programs

August 20 - October 13, 2001

Fort Carson Mountain Post
576-7212 X-100
PPCC Office, Bldg. 1117, Rm. 118
MON-FRI, 8:00 am - 5:00 pm

U.S. Air Force Academy
472-1583
PPCC Office, Bldg. 5136
WEDNESDAY, 8:00 am - 4:30 pm

Peterson Air Force Base
574-1169 X-100
PPCC Office, Bldg. 1141
MON-FRI, 8:00 am - 5:00 pm

Open Entry - Open Exit Courses
Self Paced Computer Classes for the Adult Learner

- Work at your own pace.
- Classes begin monthly.
- Work on-site, at home, at times that are convenient for you.
- Courses must be completed in ten weeks.
- Students attend a mandatory orientation session.
- Register at one of the military site offices.

TUITION IS \$70 Per semester hour
LAB FEES ARE \$9 Per semester hour.

TEXTBOOKS ARE REQUIRED

CHOOSE FROM THE FOLLOWING COURSES:

Course	Sh
ACC 150 or CIS 150	Intro. to PC Spreadsheet: Excel 1sh
ACC 151 or CIS 151	Intermediate PC Spreadsheet: Excel 1sh
ACC 152 or CIS 152	Advanced PC Spreadsheet: Excel 1sh
CIS 100	Computer Keyboarding (S/U Grading only) 1sh
CIS 110	Intro. to PC Operating Systems: DOS 2sh
CIS 112	Intro. to Windows: 98 1sh
CIS 115	Intro. to Computer Information Systems 3sh
CIS 118	Intro. to PC Applications 3sh
CIS 130	Intro. to the Internet 2sh
CIS 131	Intro. to Web Authoring: HTML 1sh
CIS 140	Intro. to PC Database: Access 1sh
CIS 141	Intermediate PC Database: Access 1sh
CIS 142	Advanced PC Database: Access 1sh
POS 105	Introduction to Political Science 3sh

- All courses are conducted at the PPCC Fort Carson Computer Lab.
- For your convenience, the Lab is open:
M, T, W 9:00am - 6:00pm • Th-F 10:00am-7pm • SAT 9:00am-3pm
- Active Duty Tuition Assistance, Veteran's Benefits, & Federal Financial Aid are Available

Instructor Enhanced Independent Study

- Classes meet on Fri. (5:00pm-9:00pm) & Sat. (8:00am-5:00pm)
- The Instructor Enhanced Study courses require students to attend 24 hours of intensive classroom instruction. Additional study time is spent outside of the classroom by completing independent course requirements.
- These courses have been designed to provide the student with the knowledge & experience that is comparable to a course taken in a more traditional manner.
- Students must be registered at least 1 week prior to starting date.
- Upon completing registration the student will receive course materials & pre-course assignments due the first session.

TUITION IS \$70 Per credit hour
TEXTBOOKS ARE RENTED AT \$20* Per course

*This is a non-refundable cost. (This fee is refundable only if a drop is initiated within the designated drop period.)
DROP DATE: Students must drop prior to the 1st class to receive a refund.
NOTE: A pre-test is required for SPE 115. Contact your PPC office for further information.

AUGUST:

PSY 115.025	Psychology of Adjustment	3sh	Aug 3, 4, 24, 25	PC
MUS 121.035	Intro. to Music History I	3sh	Aug 3, 4, 24, 25	AF
SPE 115.025	Princip. of Speech Comm.	3sh	Aug 3, 18, 24, 25	PC
GEY 106.030	Principles of Geology	3sh	Aug 17, 18, Sep 7, 8	PA
POS 111.025	American Government	3sh	Aug 17, 18, Sep 7, 8	PC
MUS 121.025	Intro. to Music History I	3sh	Aug 17, 18, Sep 7, 8	PC

SEPTEMBER:

SPE 115.031	Princ. of Speech Comm.	3sh	Sep 7, 22, 28, 29	PA
PHI 115.031	Comparative Religions	3sh	Sep 7, 8, 28, 29	PA
ENG 131.026	Technical Writing	3sh	Sep 14, 15, Oct 5, 6	PC
GEY 106.026	Principles of Geology	3sh	Sep 21, 22, Oct 12, 13	PC
MAT 110.026	Basic Finite Mathematics	3sh	Sep 28, 29, Oct 19, 20	PC
CRJ 230.026	Criminology	3sh	Sep 28, 29, Oct 19, 20	PC
PSY 115.036	Psychology of Adjustment	3sh	Sep 28, 29, Oct 19, 20	AF

OCTOBER:

PHI 115.027	Comparative Religions	3sh	Oct 5, 6, 26, 27	PC
POS 111.027	American Government	3sh	Oct 5, 6, 26, 27	PC
MUS 121.027	Intro. to Music History I	3sh	Oct 5, 6, 26, 27	PC
POS 111.037	American Government	3sh	Oct 12, 13, Nov 2, 3	AF
SPE 115.027	Princip. of Speech Comm.	3sh	Oct 26, Nov 10, 16, 17	PC

□ = Core Courses

The listing of a course does not constitute a contract or guarantee that the particular course will be offered at the time and date listed. All courses are subject to cancellation and/or change.

Term I Class Schedule

Course	Title	CR	Days	Times	Site
ACCOUNTING					
ACC 122.56A	Principles of Accounting I (Semester)	4	MW	5:50p-7:40p	PC
ACC 122.57A	Principles of Accounting II (Semester)	4	TR	7:50p-9:40p	PA
ANTHROPOLOGY (Social Science)					
ANT 101.56A	Cultural Anthropology	3	S	8:50a-1:05p	PC
ANT 101.57A	Cultural Anthropology	3	MW	7:50p-10:25p	PA
BIOLOGY (Science)					
BIO 105.56A	Science of Biology	4	TR	5:50p-8:05p	PC
		Lab	S	9:50a-12:25p	CC
BUSINESS					
BUS 216.56A	Legal Environment of Business	3	TR	5:50p-8:05p	PC
BUS 236.57A	Business Statistics	3	TR	5:50p-7:25p	PA
COMPUTER INFO. TECHNOLOGY (A \$15.00 lab fee per CIS class will be charged at PE)					
NOTE: Additional courses offered under "Open Entry/Open Exit"					
CIS 115.57A	Introduction to Computers	3	TR	5:50p-7:25p	PA
CIS 206.56A	Cisco Network Assoc.: Level I	5	TBA	TBA	PC
CIS 207.56A	Cisco Network Assoc.: Level II	5	TR	5:50p-9:45p	PC
COMPUTER SCIENCE					
CSC 116.57A	Problem Solving w/ Visual Basic for Applications	3	TR	7:50p-10:25p	PA
CRIMINAL JUSTICE (CRJ 111 and 251 will meet at the PPCC Security Police Bldg.)					
CRJ 112.56A	Procedural Criminal Law	3	MW	5:50p-8:35p	PC
CRJ 111.57A	Substantive Criminal Law	3	TR	5:50p-7:25p	PA
CRJ 209.57A	Criminal Investigation I	3	MW	5:50p-7:45p	PA
ECONOMICS (Social Science)					
ECO 201.57A	Principles for Macroeconomics	3	MW	7:50p-10:25p	PA
ENGLISH (Prerequisite for ENG 121: REA 090 & ENG 100.) (Prerequisite for ENG 122: "C" or better in ENG 121)					
ENG 100.56A	Composition Style and Technique (Semester)	4	MW	5:50p-7:40p	PC
Prerequisite: REA 090 & ENG 060					
ENG 100.57A	Composition Style and Technique (Semester)	4	TR	7:50p-9:40p	PA
Prerequisite: REA 090 & ENG 060					
ENG 121.56A	English Composition I	3	TR	5:50p-8:05p	PC
ENG 121.57A	English Composition I	3	MW	11:00a-12:25p	PA
ENG 122.57B	English Composition II	3	TR	7:50p-10:25p	PA
ENG 122.56A	English Composition II	3	MW	5:50p-8:35p	PC
ENG 122.57A	English Composition II	3	TR	5:50p-7:25p	PA
GEOGRAPHY (Social Science)					
GEO 105.57A	World Regional Geography	3	S	8:50a-1:05p	PA
HISTORY (Social Science)					
HIS 101.57A	Western Civilization I	3	MWF	11:00a-12:25p	PA
HIS 102.56A	Western Civilization II	3	MW	5:50p-8:35p	PC
HIS 201.57A	U.S. History I	3	TR	5:50p-7:25p	PA
HUMANITIES					
HUM 121.56A	Survey of Humanities I	3	TR	5:50p-8:05p	PC
HUM 121.57A	Survey of Humanities I	3	MW	5:50p-7:45p	PA
LITERATURE (Humanities)					
LIT 201.57A	Masterpieces of Literature I	3	MW	5:50p-7:45p	PA
MANAGEMENT					
MAN 225.57A	Management Skills for Supervisors	3	MTWR	12:30p-1:45p	AF
MAN 226.57A	Principles of Management	3	MW	7:50p-10:25p	PA
MATHEMATICS					
MAT 066.56A	Basics of Algebra	4	MTWR	11:30a-12:00p	PC
Prerequisite: MAT 036					
MAT 066.57A	Basics of Algebra	4	MWF	5:50p-7:25p	PA
Prerequisite: MAT 036					
MAT 105.57A	Intermediate Algebra (Semester)	5	TR	5:50p-7:20p	PA
Prerequisite: MAT 100					
MAT 110.56A	Basic Finite Math	3	TR	5:50p-8:05p	PC
MAT 121.56A	College Algebra	4	MWF	5:50p-7:25p	PC
Prerequisite: MAT 105					
MAT 135.57A	Introduction to Statistics (P/MAT 106)	3	TR	7:50p-9:25p	PA
		S		9:50a-10:45a	PA
MUSIC (Humanities)					
MUS 120.56A	Music Appreciation	3	S	8:50a-1:05p	PC
MUS 120.57A	Music Appreciation	3	MW	7:50p-9:40p	PA
		F		5:50p-8:05p	PA
MUS 120.58A	Music Appreciation	3	S	8:50a-1:05p	AF
PHILOSOPHY (Humanities) (Prerequisite for ALL PHI courses: ENG 121)					
PHI 111.57A	Introduction to Philosophy	3	TR	7:45p-10:20p	PA
POLITICAL SCIENCE (Social Science)					
POS 105.57A	Intro. to Political Science	3	MW	5:50p-7:45p	PA
PSYCHOLOGY (Social Science)					
PSY 101.57A	General Psychology I	3	S	8:50a-1:05p	PA
PSY 101.58A	General Psychology I	3	MWF	11:00a-12:25p	AF
PSY 102.56A	General Psychology II	3	TR	5:50p-8:05p	PC
SOCIOLOGY (Social Science)					
SOC 101.57A	Introduction to Sociology I	3	MW	5:50p-7:45p	PA
SOC 102.56A	Introduction to Sociology II	3	S	8:50a-1:05p	PC
SPANISH (Humanities)					
SPA 111.56A	Spanish I (Semester)	5	MW	5:50p-8:05p	PC
SPEECH					
SPE 115.57A	Principles of Speech Communication	3	S	8:50a-1:05p	PA
SPE 115.57B	Principles of Speech Communication	3	MTWR	11:00a-12:15p	AF
SPE 125.56A	Interpersonal Communication	3	S	8:50a-1:05p	PC

Military Briefs

CG's Newcomers Briefing will be Aug. 10 at 1:30 p.m. at McMahon Theater. It is mandatory for all newly assigned officers and soldiers to attend. Family members are welcome. Free child care is available by calling 524-0151.

Fountain-Fort Carson School District #8 are accepting applications for full and part time managers and food service workers. Positions are available at all schools. Benefits include: weekends, nights and holidays off, 401K plan, medical insurance, free meals and more. Apply in person at 11355 Old Pueblo Road in Fountain or call 382-1334.

The Government Purchase Credit Card team will be closed for business Thursdays to create an atmosphere to better serve our billing officials and cardholders; the office will be available for emergencies only on Thursdays. For more information, call Ernestine Mosley at 526-4452.


The ID card/DEERS section will be closed Aug. 10 from 11 a.m. for organization day. The section will resume normal operations at 7:30 a.m. Aug. 13. Emergency ID cards can be done at Peterson Air Force base, building 350, suite 1073 and the Air Force Academy. For more information, call 524-3704.

Army Community Service has partnered with Harrison School District #2 to offer English as a second language classes at Fort Carson. District #2 accredited teachers will teach the classes at ACS on Tuesday and Thursday mornings from 8:30 to 11:30 a.m. starting Aug. 28. Childcare will be provided on a space available basis. Registration and placement testing will occur at ACS on Aug. 23 between 8:30 and 11:30 a.m. Anyone interested must call prior to registration day to secure an appointment. Since the class size is limited, priority will be given to active duty soldiers and their spouses. Retirees and Department of the Army civilians will be accepted on a space-available basis. Call ACS at 526-4590 for more information.

Green to Gold Briefing: Army ROTC conducts a Green to Gold briefing every Tuesday from 11:30 a.m. to 12:30 p.m. in room 124 of the Education Center. If eligible, you may get a bachelor's degree and become a second lieutenant. If you have any questions contact Capt. Cindi Basenspieler at 262-3236. No appointment necessary to attend briefings.

Special Forces briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at Grant Library. You can apply for SF training as an E-3, but cannot begin training until you are an E-4. For more information, call 524-1461 or 524-1462.

The Army Career and Alumni Program Center business hours are Monday through Wednesday 7:30 a.m. to 4 p.m., Thursday 7:30 a.m. to noon and 1 to 4 p.m., Friday 7:30 a.m. to 2:30 p.m.



**Better Opportunities
for
Single Soldiers**

BOSS Executive Council meets the first Wednesday of each month at 10 a.m. at the BOSS Office, building 1217, room 227. The Post BOSS meeting, for BOSS Representatives, meets the second Thursday of each month at Christopher's from 1 to 3 p.m. For information, call 524-BOSS.

If you have questions, call 526-1002 or 526-0640, or visit the Web site www.carson.army.mil/ACAP/acap.html.

The Sergeant Audie Murphy Club event calendar is as follows:

All meetings are held monthly on the third Wednesday of the month at 11:30 a.m. at the Mountain Post Wellness Center on the second floor conference room in the Family Readiness Center.

Induction ceremonies and rehearsals are held at McMahon Theater. All other events are conducted in the main conference room of building 1430. For more information, call 526-2409 or 526-3887.

Soldiers are reminded to come to the Housing Community Housing Referral and Relocation Services office, building 7301, to update their waiting list information every six months. If you are on the waiting list and haven't updated your information in the last 60 days, do so right away. It is important that housing has good contact information in order to offer you on-post housing. For further information call 526-2322.

Records Management will conduct the following Modern Army Recordkeeping Systems class: Aug. 15, 9 a.m. to 3 p.m., building 1550, classroom A, suspense date: Aug. 10. Personnel wishing to attend must submit a memorandum with full name, rank, organization and point of contact with telephone number to Management Services Branch, by the suspense date above. Attendees are requested to bring a copy of AR 25-400-2 (MARKS) to class. Contact Duane Gregorich at 526-2107, fax: 524-0682, or e-mail: duane.gregorich@carson.army.mil.

The Directorate of Environmental Compliance and Management will conduct post emergent herbicide applications to approximately 1,400 acres of rock and turf throughout the installation until the end of September; weather, funding and material availability dependent. Areas treated with herbicides will be marked for 48 hours after application with yellow flags, as required by state and federal regulations. The treated areas pose no documented health risk but should be avoided until the application has completely dried. Personnel with acute sensitivities should exercise appropriate avoidance measures. It is not necessary to call DECAM Pest Management Section to have your area treated for weeds. We will attempt to treat all rock and turf areas at least one time during the growing season. Herbicide applications will begin as weather permits based on the following intended schedule: a. Rock areas: August 3200-3700 and 8000-8700 areas; September: 8700-8900 areas. b. Turf areas: August: 3500-3800 and 8000-8900 areas. All treatment on parks, baseball fields and recreational areas started in June and will continue throughout the growing season. Questions or comments may be directed to Robert H. Stone, DECAM Pest Management Coordinator at 526-5141.

Hours of operation for the Central Issue Facility. Regular business hours: Monday, Tuesday, Wednesday, Thursday 6:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m. Fridays 6:30 to 10:30 a.m. Initial Issue/Partial Issue/DX: Monday, Tuesday, Wednesday and Thursday 6:30 a.m. to 10:30 a.m. and 1 to 3 p.m. Fridays: 6:30 to 10:30 a.m. Full/Partial Turn-Ins: Monday, Tuesday, Wednesday and Thursday 11:30 a.m. to 3 p.m. C/C, SOC, ROS: Monday, Tuesday, Wednesday and Thursday 11:30 a.m. to 3 p.m. Contact Charles Westmoreland at 526-6477.

Free paperbacks for troops training: Grant Library has boxes of new paperback books available for units going to the field for training. The books are free and may be kept by the soldier. No paperwork needed, the person responsible for the unit can just come to the library and let us know how many troops will be going to training and how long they will be gone. Boxes of books will be distributed. For information, call 526-8144 or 526-2350 or stop by the

library. Hours are: 11 a.m. to 8 p.m. Monday through Thursday, 11 a.m. to 5 p.m. Friday and 10 a.m. to 6 p.m. Saturday.

Special Forces Association, The Rocky Mountain Chapter IV/XXI invites all past and present members of the Special Forces community to come and join us for good times, meet new friends or link up with old friends. Contact Jim Howard for meeting times and dates at 540-8097 or e-mail: namvipier@aol.com.

There will be a local Officer Candidate School Board Aug. 23 and 24. This board is required for all applicants. The board will be conducted at the Elkhorn Conference Center. All participants must report in Class A uniform to appear before the board. All packets must be turned in to the 4th Personnel Services Battalion, Personnel Action Section, building 1118, room 204, no later than Wednesday. For information, contact Cpl. Gaffke at 526-1906.

Strategic Plans and Programs Office is seeking nominations for employees who would like to become trained facilitators. The class is limited to 15 people and we are seeking nominations from your directors or agency chiefs. We will be providing formal training Aug. 21 to 23, classroom "C", building 1550. Nominees must have a minimum of one year retainability at Fort Carson to be considered. Facilitators will be expected to support the commanding general's off-site conferences and other facilitator requirements throughout Fort Carson. The first requirement will be Oct. 26 to 28, in support of the CG's Annual Strategic Review Conference in Keystone. New facilitators will be partnered with a senior facilitator for this conference and will be placed in a facilitator support role. If you are interested have your director/agency chief contact Frank Aragon at 526-3932 or e-mail: Frank.Aragon@carson.army.mil.

The Modern Army Recordkeeping System, file areas are to submit a List of File Numbers for approval annually by Sept. 10. This requirement only applies to offices/units who have not provided an LFN for their unit within the last 12 months. Submit your LFN on FORSCOM Form 350-R, List of File Numbers, Jan. 1, to Directorate of Information Management, Management Services Branch. Your list will also be accepted by e-mail or fax. For information, contact Duane Gregorich, 526-2107, fax: 524-0682 or e-mail: duane.gregorich@carson.army.mil.

The next Records Management Class for all units and activities will be Thursday from 8 a.m. to 4 p.m., building 1550, classroom A. This course will include instructions on the Privacy and Freedom of Information Acts, the Modern Army Recordkeeping System, Army Correspondence and Forms Management, Military and Department of Army civilian personnel wishing to attend must submit a memorandum with name, rank and organization to Directorate of Information Management, Management Services Branch, by Monday. Memorandum may be faxed to 524-0682. Attendees are requested to bring writing supplies and a copy of AR 25-400-2, The Modern Army Recordkeeping System, dated Feb. 26, 1993. For information, contact Duane Gregorich, 526-2107, fax: 524-0682 or e-mail: duane.gregorich@carson.army.mil.

Attention retiree's and former military police. The officers, noncommissioned officers and soldiers of the 759th Military Police Battalion cordially invite you to attend the 60th Military Police Anniversary Ball, Aug. 23 at 6 p.m. at Antlers Adam's Mark Hotel, to honor former MPs and celebrate past and present military police accomplishments. For information call 526-8032.

Editor's note: The deadline for submitting "Briefs" to the Mountaineer is 5 p.m. Friday before publication date.

Sports & Leisure

Fort Carson Youth Sports needs volunteer coaches for several upcoming sports seasons. No experience is necessary, as all leagues are developmental. For more information, or to volunteer, call 526-1233.

Forrest Fitness Center is now offering "Cycle Reebok" to all ID card holders. Classes are held six

days a week, Mondays at 5 p.m., Tuesdays at 3:30 p.m., Wednesdays at 5:40 a.m. and 5 p.m., Thursdays at 3:30 p.m., Fridays at 4 p.m. and Saturdays at 9:30 a.m. Classes are 50 minutes long, and first timers should arrive 15 minutes early. For more information, call 526-9120.

Be a part of the world's largest Ten-mile race, register on-line. The 17th Annual Army Ten-Miler will be held Oct. 14, in Washington, D.C. This year's runner field has increased to 18,000 participants. Registration will remain open until Sept. 14, at 5 p.m. EST or until the runner field is full. Don't delay, register today at www.armytenmiler.com.

Peterson Air Force Base Fitness and Sports Center and the Health and Wellness Center will host a youth weight training class Monday, from 8 to 10 a.m. for girls and 2 to 4 p.m. for boys. The class will cover proper weight lifting techniques and nutrition. It is free and open to 12 to 16 year olds who hold a valid military ID card. Registration deadline at the Fitness Center is today. For information, call the Special Programs staff at 556-1515.

Peterson Air Force Base Fitness and Sports Center 5-K Fun Run will be Aug. 10. The cost is \$1 and the race time is 11:30 a.m., deadline is the same. Meet in front of the Fitness Center.

Get Out!

Pueblo Zoo

Every Sunday at 11 a.m., the **Pueblo Zoo's camels**, along with their keepers, stroll about the zoo, sit down and allow visitors up close. The zoo is located in Pueblo's City Park, on the city's west side, off Pueblo Boulevard.

Dance Theatre

Upcoming dance performances include **Beauty and the Beast** ballet Sept. 15, at 8 p.m. at the Pikes Peak Center, and Ballet Hispanico of New York Oct. 20 at 8 p.m., at the Pikes Peak Center. For ticket information, call 520-7469.

Repertory Theatre new season

The **Repertory Theatre Company** opens its new season with "Annie Get Your Gun" Oct. 5 to 21, with weekend performances. "The King & I" runs Nov. 30 to Dec. 16; "The Taffetas" is Feb. 8 to 24; and "West Side Story" is May 3 to 19. All performances are in the Fine Arts Center theater, and tickets in advance are \$22. Call the box office at 634-5583 for reservations.

Rodeo parade

The annual **Pikes Peak or Bust Rodeo Parade** is Wednesday at 10 a.m. The parade travels Colorado and Cascade Avenues. Theme of this year's parade is "Buffaloes and Broncos." Plan to take the family to see this first-class parade with marching bands, floats and lots of horses.

Air Force Academy theater

The Air Force Academy's new theater season opens with **Wayne Brady** Monday. Call the box office at 333-4497 for tickets or information.

State Fair

The **Colorado State Fair** is at the fairgrounds in Pueblo Aug. 18 through Sept. 3. One of the oldest state fairs, Colorado's fair includes concerts, of famous bands and groups, such as Brooks and Dunn, John Michael Montgomery, Mel Tillis,

Randy Travis, Chris LeDoux, 98 Degrees, Kansas, KC and the Sunshine Band, Engelbert Humperdinck and the Beach Boys. Concert tickets range from \$6 to \$30, and concerts begin at 8 p.m. TicketMaster has tickets, 520-9090, or call the Colorado State Fair Box Office at (800) 876-4567, ext. 2070. You can go online at www.coloradostatefair.com.

Classic movies

John Wayne fans may see three favorite western films on a big screen in the Fine Arts Center Theater, 30 W. Dale St. "The Shootist" is showing Tuesday at 7:30 p.m.; "Rio Bravo" is Aug. 14, at 7:30 p.m.; and "Fort Apache" is Aug. 21 at 7:30 p.m. Tickets are \$3 and available at the door.

Rock and Blues

A **River Rock 'N Blues Fest** is Sunday, noon until 10 p.m. at Pueblo's Greenway and Nature Center. Ricky and the Roosters are on stage at noon, followed by Uncle Irene at 2:30 p.m., Catfish and the Crawlers at 5 p.m. and Shawn Pittman at 7:30 p.m. Adult admission is \$10, children ages 7 to 11 are \$3 and children 6 and younger are free with a paid adult. Refreshments are available as are arts and crafts. The Greenway and Nature Center is on Pueblo's west side, off Pueblo Boulevard. Call (719) 549-2414 for directions or information.

Rodeo

Tickets for the **Pikes Peak or Bust Rodeo** are on sale at the Information, Tickets and Registration Office at the Mini Mall. Discounted military tickets are only \$7.50 each. The Pikes Peak or Bust Rodeo is Wednesday through Aug. 12.

Barbecue festival

A **barbecue festival** is in John Metcalfe Park in Fountain Aug. 10 and 11. Barbecue teams compete for prizes and sell tastes as well as barbecue meals. Family fun attractions range from a petting zoo to tethered balloon rides. Hours are 5:30 to 10:30 p.m. Aug. 10. Festivities begin with a street breakfast 7 to 9 a.m. Aug. 11, followed by the barbecue cookoff until 4 p.m. No entrance fee, buy food tickets at the entrance. The park is

at Ohio and Fountain Mesa in Fountain.

Frank Sinatra music

A **salute to the music of Frank Sinatra: Harry Connick Sr.**, is in Hoag Recital Hall at the University of Southern Colorado campus on the north side of Pueblo Sept. 15. Call the Sangre De Cristo Art center for ticket information, (719) 542-1211.

3-D film

A **new 3-D film** opens today at the Cinemark IMAX Theatre at Constitution and Powers Boulevard on the city's east side. Haunted Castle is a rock and roll fantasy, from the first person point of view. The film rotates with Into the Deep and 3-D Mania: Encounters in the Third Dimension, all in 3-D. NSYNC: Bigger Than Live is also showing at the IMAX. Check for show times at www.cinemark.com or call 596-3212. Purchase advance tickets at fandan-o.com.

Mountain Music Festival

The **Mountain Music Festival** returns to Soda Springs Park in Manitou Springs Aug. 24 to 26. Featured are Celtic, Dulcimer and Blue Grass music. Arts, crafts and food are also part of the festival. Soda Springs Park is in the 1000 block of Manitou Ave. Festival goers can park in public parking lots or the Red Rocks Shopping Center and ride the shuttle to the park.

Free concerts

The **Air Force Band of the Rockies** performs free concerts in Antlers Park at 6 p.m. Aug. 13, Aug. 16, Aug. 30 and Sept. 5. Bring a lawn chair or blanket.

Money museum

After a \$3 million renovation, the **Museum of the American Numismatic Association** at 818 N. Cascade Ave. had reopened. The museum is free and is open Monday through Friday, from 9 a.m. to 4 p.m. and Saturday from 10 a.m. to 4 p.m. There's a small parking lot next to the museum.

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Pvt. Murphy

by Mark Baker



Program Schedule for Fort Carson cable Channel 10, today to Aug. 10.

Mountain Post Magazine: Stories on and about Fort Carson soldiers, civilians and family members. The program airs at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on civilian personnel system modernization, the new POW/MIA poster and Fort Bliss pollution prevention program. The program airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy and Marine Corps News: includes stories on military blood banks, Marines meeting Merchant Marines and being aboard the USS Constellation. The program airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on the former Kelly Air Force Base, combat rescues and the Air Force Academy mascot. The program airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m. Channel 9 daily broadcasts SCOLA, foreign language news

broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Douglas Rule at 526-1241 or via e-mail at:

Douglas.Rule@carson.army.mil

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you have story ideas for Mountain Post Magazine, contact Richard Bridges at 526-1265, 1253 or 2941, or e-mail

Richard.Bridges@carson.army.mil

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit a clean, typewritten copy of the information to the Public Affairs Office, 6151 Specker Avenue, Fort Carson, CO 80913-5119 or fax it to 526-1021 no later than the Friday before airing time.

Mountain Post Magazine is shown on Adelphia cable Channel 13 or WANT-TV 103 Monday at 2:15 p.m. Thursday at 4:15 p.m. and Saturday at 10:15 a.m.

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